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CHICAGO PUBLIC SCHOOLS

MANUAL OF EXERCISES IN PHYSICAL EDUCATION

LIGHT GYMNASTICS

FOR

ELEMENTARY SCHOOLS

REVISED EDITION

By

HENRY SUDER

Superintendent of Physical Education

Curr.
613
Chi-1916

September, 1916

CHICAGO STATE UNIVERSITY



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AUTHOR

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The exercises in this manual have been prepared for the various grades in accordance with the Course of Study.

The directors of Physical Education in the Teachers' College, Miss Bruce and Miss Trilling, as well as their predecessors, Miss Ellingwood and Miss Northcott; and some of the teachers of Physical Education in the elementary schools, viz., Mrs. Elizabeth A. Bossi, and Misses Claire C. Lund, Eda H. McCollister, and Leonore Suder, have rendered valuable assistance in arranging the exercises. Thanks are due them for their kind co-operation.

HENRY SUDER,

Supervisor of Physical Education.

JOHN D. SHOOP,

Superintendent of Schools.

Physical Education trains to attention and obedience,—the foundation of citizenship.

PHYSICAL EDUCATION.

BRIEF HISTORICAL SKETCH.

At no time and in no country has so much attention been given to physical education as in ancient Greece.

Not only did the Greeks aim thereby to attain strength, health and vitality, but their desire also was to develop a mentally healthy, beautiful, well-proportioned people; the best citizen for the country in time of peace and the best soldier in time of war. The high esteem in which bodily exercises were held in old Hellas is shown by the festivals which were held at regular intervals throughout the country, in which physical exercises were given the most prominent part. The best known of these festivals were held near the city of Olympia, viz.: the *Olympian games*. The principal events consisted of running, jumping, throwing the discus, throwing the spear and wrestling. These five events constituted what is known as the Pentathlon. The order and prominence given each is not known, but it is believed that wrestling was the last. Great honors were bestowed upon the victorious youth; his name was proclaimed throughout the country and monuments were often erected to him in his native city. The excellent results obtained by the careful training of the Grecian youth may be estimated by the record of Phaylos, of Kroton, a Grecia colony, who executed a jump (probably a hop, step and jump) of 55 feet, at one of the festivals, an olympiade, and of another gymnast whose record was 52 feet while the best hop, step and jump of modern times is 47 feet 7 inches, which was attained by a professional gymnast in England.

The *Romans* of old rank far behind the Grecians in physical training. They never placed so high an educational value upon gymnastics as the Greeks did. Of greatest importance to the Romans was the training of capable soldiers. Public games were arranged in Rome and were greatly enjoyed by the people, but the

flower of the nation did not take part in them, as in Greece. The participants were athletes or gladiators, drilled for their profession.

In the *mediaeval age*, we find much activity in regard to physical training but mostly limited to the sons of the nobility. Their education consisted of riding, exercising on a wooden horse (the wooden horse is perhaps the oldest gymnastic apparatus), fencing, wrestling, dancing and swimming; besides these, singing and oratory were also cultivated. Among the country people, many kinds of exercises and games were in vogue. In the cities fencing societies existed, and buildings were erected for the purpose of practicing ball games.

Toward the close of the middle ages, the importance of systematic bodily training was forced into the background by degrees, and after the downfall of knighthood very little or nothing was done to maintain so important a part of the people's education.

GERMAN GYMNASICS.

During the time of the *Reformation*, prominent men of many of the European countries began to take interest in physical training. They tried by every means in their power to make it part of the child's education, but it seems, did not succeed in making it popular. This, however, was achieved by the philanthropist, Johann Bernhard Basedow (1724-1794).

Called to the head of the educational institution at Dessau, he introduced physical development in a manner that attracted the attention of the educators of his time. In 1784 Salzmann, one of Basedow's assistants, established the famous school of Schnepfenthal, near Gotha, where physical exercises were conducted in accordance with the Dessau system, and one of Salzmann's assistants, the celebrated Guths Muths, after seven years' experience and study of the subject, published his now famous book, "Guths Muths' Gymnastic fuer die Jugend." This book was the first German manual of gymnastics, and found recognition in many foreign countries.

A few years later the same author published another work, which treated of games for the youth of his country and made them a part of the educational scheme.

While Guths Muths and his predecessors originated and established educational gymnastics in Germany, F. L. Jahn (1778-1852) succeeded in making them so popular that he is now looked upon as the founder of German Gymnastics.

Jahn's aim was the education of a strong and healthy race, which would be able to successfully repel the invaders of his fatherland, Prussia. In 1811 he erected the first public gymnasium in the Hasenheide, near Berlin. His gymnastics consisted mostly of exercises on apparatus, running, jumping, climbing and vigorous games. A few years later, when the war of liberation broke out, he and almost all of his matured pupils joined the ranks against the enemy.

The German system was reformed by Adolph Spiess (1810-1858), and extended so as to include training for girls.

As teacher and author he aided much in introducing physical training into the schools of Switzerland and Germany. His exercises on apparatus, light gymnastics and tactics were frequently accompanied with instrumental and vocal music.

Until 1842 it was left to societies, private institutions or communities to work for the extension of physical training, but in that year it was made obligatory, by order of the government. And to-day there is no elementary, high or even commercial school in Germany in which less than two, three or more hours weekly, are devoted to physical training.

SWEDISH GYMNASTICS.

The founder of Swedish Gymnastics, P. H. Ling (1776-1839), received his first inspiration from Nachtegall, who had charge of a gymnastic institution in Copenhagen, Denmark. Nachtegall was said to be a pupil of Guths Muths; it is at least assumed that he was familiar with his writings. P. H. Ling, having returned to Sweden, worked with enthusiasm to popularize a system in which the movement treatment took an important place; and after many difficulties he succeeded in gaining recognition. In Lund he was appointed university fencing master; later on he received the position of teacher of gymnastics at the Royal Military Academy in Carlberg, and shortly thereafter he became director of the Central Institute of Gymnastics in Stockholm. The Swedish or Ling system consists in the main of free gymnastics, (exercises by command). Hand apparatus, such as wands, dumb-bells, Indian clubs, etc., as well as rhythmical movements with musical accompaniment, are not included.

In Italy, France, England, etc., efforts were made centuries ago, by celebrated physicians and pedagogues, to combine mental and bodily education. The efforts to introduce it into the schools

of their respective countries failed. In the latter part of the last century Neumann, a Swiss by birth, succeeded in making gymnastics a part of the Italian school system. In France much attention was paid to physical training after the Franco-German war, at first by military drill, and now by methods resembling the German.

The youth of England favored athletic sports and games to a great extent, but at present more attention is given to school gymnastics. In all these countries the exercises are based on either the German or Swedish system.

GYMNASTICS IN AMERICA.

In the beginning of the nineteenth century American educators began to take an interest in physical training. In 1823 gymnastics were introduced into the Round Hill School, Northampton, Mass., and in 1825 into the New York High School. Harvard College equipped the first college gymnasium in this country. The instructors of these institutions, Dr. Carl Beck, Dr. Carl Follen and Dr. Francis Lieber, were pupils of F. L. Jahn, and the exercises were conducted according to Jahn's method. A position in Cambridge was offered to Jahn, but although this was a great personal distinction, he would not leave his fatherland. In many other colleges physical training was made part of the curriculum, but in none of them did great results seem to be obtained. The revolution of 1848 caused many educated Germans to emigrate to this country, where they organized the Turnvereine (gymnastic societies), which soon rose to prominence, both in the east and the west. The Civil War retarded the prosperity of these societies, as nearly all their members joined the Union Army to do battle for the preservation of their adopted fatherland. After the war, attempts were made in some cities to introduce physical training into the public schools, but they remained attempts, and it is only since 1885 that physical education has forced its way.

In November of the year 1885 a teacher was appointed in Chicago to take charge of physical education in the grammar grades of elementary schools. Four years later it was extended to the primary grades as well as to high schools. In 1890 the first gymnasium was erected on the grounds of the Northwest Division High School, now called the Tuley High School, and since then a gymnasium has been provided for every high school building, and for the past few years for elementary school buildings also. Other cities followed Chicago's example, viz., Cincinnati, New York, St. Louis, Cleveland,

Milwaukee, etc., whose schools are equipped with gymnastic apparatus wherever possible, and a gymnasium is attached to every new school building erected.

Although the educational value of gymnastics is not yet thoroughly recognized in this country, the progress in that direction is everywhere noticeable.

In the celebrated academies of West Point and Annapolis much attention is now given to the physical training of the cadets, and the government equips gymnasiums in most of the military posts of the country. The exercises in these institutes are based upon the German system. A full history of this subject is contained in the excellent report to the United States Bureau of Education on "Physical Training," by Dr. Edward Mussey Hartwell.

EXPLANATION.

Physical Education is divided into different departments, most of which have been introduced into our public schools. They consist of light gymnastics, gymnastics on apparatus, and recreative gymnastics. Light gymnastics consist of calisthenies, without and with hand apparatus; rhythmical steps; and tactics. Gymnastics on apparatus includes exercises on suspended and fixed apparatus, and so-called "popular gymnastics," (field sports). Recreative gymnastics includes all kinds of games.

Each lesson contains head, arm, trunk and leg exercises. It begins with preparatory, and ends with closing exercises. The preparatory exercises are exercises by command. The general exercises are movements executed by counting. The closing exercises, if breathing or desk exercises, are conducted by command, and must be executed slowly.

All preparatory exercises are exercises by command. All exercises by counting or beating are rhythmical exercises. Exercises accompanied with instrumental or vocal music are always hailed with delight by the pupils, but only such as are well comprehended and well executed should be practiced. The exercises indicated in this manual may be adopted for this purpose. In exercises with vocal music all vigorous movements such as thrusting, striking, swinging of arms, etc., also head and trunk exercises must be avoided.

If such exercises are to be accompanied by a song, one division may practice the exercises while the other sings. For that purpose the teacher may divide the class into two divisions. The teacher may

select the exercises and also the song with which the exercises are to be accompanied. Light and graceful arm movements combined with movements of the feet practiced with a song in 2/4 or 4/4 time best answer our purpose.

The lessons in physical education may be given in the classroom, corridor, assembly hall, gymnasium, or on the play ground. If they consist of light gymnastics, the pupils arise from their seats and practice in the aisle (exercises in standing), or they march around the room and practice exercises (exercises while walking). In standing along the wall, in front or flank rank, some exercises may also be practiced, but on account of lack of space they are very limited. Some arm, head and trunk movements may also be practiced in sitting position, but as, during a lesson, all parts of the body have to be brought into action, and as there is no space to move the lower limbs, such exercises should be practiced only occasionally.

Seats and desks may be used to a certain extent as gymnastic apparatus, and a few exercises at them will be indicated in this manual.

The lessons contain exercises which will bring the principal muscles of the body successively into action.

Exercises while walking may be practiced frequently, especially in the lower grades, but as the space in many classrooms is very limited, such exercises would be much more beneficial to our pupils, if they were conducted in the corridors, gymnasium, or on the play ground. Arm movements, such as thrusting, cutting, striking, swinging, etc., must be executed in a marked and exact manner, while head and trunk exercises and also graceful movements such as winding, greeting, raising the arm to circle must be practiced slowly.

RULES.

To attain the best results in physical exercises the following rules should be observed.

1. Devote the time allotted by the course of study to physical exercises.

2. Ventilate the room before exercises.

3. The teacher may select the most appropriate time. If it is thought necessary to exercise during the morning and afternoon sessions, the time devoted to physical training may be divided accordingly.

4. It will be necessary to arrange the class in such a manner that the smaller pupils will be in front and the larger in the rear, so that the teacher can overlook the class more easily.

5. Impress upon the pupils, especially the girls in the higher grades, the necessity of wearing loose garments. Gymnasium suits and slippers should always be worn when exercising in the gymnasium, especially in apparatus work.

6. Teachers should see that all parts of the body are brought into action during the lesson, but should be careful that no part is over-taxed.

7. Breathing exercises ought to be practiced every day, but for these as well as for all physical exercises, pure air is absolutely necessary.

8. Every teacher ought to memorize the exercises before conducting them, otherwise time is wasted and the lessons become tiresome to the pupils.

9. All new exercises should be shown by the teacher, but after the pupils fully comprehend an exercise it is not necessary to illustrate further, occasional corrections excepted. The pupils will then begin at the command of the teacher. Begin every lesson with a few preparatory movements, even should none be indicated; increase the exercises in rapidity, and close the lesson with slower movements and breathing exercises.

COMMANDS.

A proper execution of the exercises depends to a great extent upon a good command.

Explain every exercise in a short and precise manner.

1. Every command is divided into two parts, the command of explanation and the command of execution.

2. Between the command of explanation and that of execution a pause sufficient to allow the pupils time to think must be allowed.

3. The command of explanation is pronounced slowly and distinctly; that of execution decisively and sharply.

4. In order to get the attention of the class, the command "Attention!" may be used.

The command "Begin" is the command of execution. Do not make the pupils wait for the counts or beats, as counts or beats are only used to indicate the rhythm.

The command "Halt" finishes the exercise.

METHODS.

There are different methods of teaching the exercises: *By command; by counting; by command and counting combined; and in successive order.*

By Command.

The teacher gives the command to move a part, or parts, of the body to a certain position, and the pupil remains so until the command to change the position is given. Example: Arms forward in position—raise! Hands on shoulders—place! Trunk forward—lower!, etc., are exercises by command. If two or more exercises, simple or compound are to be executed in succession after the same command of execution, the command that is given with the first position is used as the command of execution. For example: Raise arms forward, move sideward and hands on shoulders—raise! Straighten arms forward and lunge backward—straighten! Place hands on hips, lower trunk forward, and change position of knees—place! At the command “raise,” raise arms forward and immediately move arms sideward and place hands on shoulders.

By Counting (Rhythmical Exercises).

After stating the exercise the teacher gives the command: Begin! and counts or beats time, 1, 2 or 1, 2, 3, 4, and the pupils begin to exercise and continue until the command, Halt! is given. Then the next exercise is explained and practiced.

By Command and Counting Combined.

While the pupils practice an exercise *by counting* the teacher dictates a new movement (still beating time), and with the command, One—Begin! the new exercise is taken up. Accent “One,” and instead of saying “Two” say “Begin.”

In Successive Order.

The teacher gives a number of exercises, which are to be practiced in successive order, and also a number of counts for each movement (generally 8 or 16 counts). The pupils then count for themselves and they exercise in the order named (the teacher beating time). This method of exercising is generally used in practicing with music.

As only a limited period daily is appropriated to physical educa-

tion, the last two methods should be used frequently, because time will be gained and the pupils profit by more exercise.

To vary the command, the teacher may count a given exercise slowly in the beginning, increase in rapidity, and at the end count or beat slowly again.

This variation is frequently used to keep the children's attention and to make the lesson a little more interesting to them.

The formation of the class may also be changed frequently. For instance: Divide the class into two divisions. One division executes one-quarter turn to the left, the other division one-quarter turn to the right. The two divisions face each other; then the exercises begin.

The time in which the pupils execute the exercise may vary. Example; in 4 counts: At 1, raise arms forward; at 2, remain in position; at 3, lower arms; at 4, remain in position. Example; in 16 counts: Rise on toes and remain 1-2-3-4 counts; place hands on desks and bend knees, and remain 4 counts; straighten knees to the first position, and remain 4 counts; lower heels and remain 4 counts. Besides the alternate exercises in four counts, exercises which require the same number of counts but are not alternate may be practiced; for instance,—Raise arms forward, move sideward, move forward and return, etc. The same exercises may be practiced in 8 counts, in which case two counts for each movement have to be allowed. Or they may be practiced in 16 counts, when each movement will be executed at the first of each 4 counts.

EXERCISES.

The teacher should make it a rule, especially in the first school months, not to teach more than one lesson weekly; later on he may give one lesson and review some of the former lessons. The lessons are arranged in such a manner that the principal muscles are brought into action. If the teacher divides the time given to physical training by using half of the time during the morning session and half in the afternoon, it will probably be impossible to conduct all the exercises indicated in either lesson at one time. In that case he may select such exercises from the lesson as best answer his purpose. The teacher should not conduct arm exercises only in the forenoon and trunk or foot exercises in the afternoon, but all parts of the body should be brought into action during a lesson.

Positions.

The erect position in the seat and the fundamental position in the aisle are the first starting positions, as from these all exercising begins.

From the fundamental position we raise, or swing the arms, we bend or turn the trunk or head, or we move arms, legs, etc., into different positions, as arms to thrust, to strike, hands on hips or shoulders, etc., or we place the leg in step position, as forward, sideward, backward, etc. Special care should be given to the erect position in sitting and standing, especially in the first four grades. Neglect of this often results in curvature of the spinal column and an unduly prominent shoulder and hip. Stooping forward when reading, writing or drawing, inclining the head or trunk to one side when reciting, habitually supporting the main weight of the upper body upon one and the same leg, as well as carrying school books in one-sided fashion—these are the main causes of contortion of the spine.

In conclusion I quote from Dr. F. A. Schmidt's valuable work, "Our Body," as follows:

"A good carriage is a prerequisite to the proper healthful development of certain parts of the body, notably the chest. The correction of a faulty carriage becomes imperative, therefore, not only upon the ground of developing a physically beautiful form, but because it serves to check and prevent the attendant evils of a morbid predisposition, and consequently, the decay of vital organs."

REMARKS ON PRINCIPAL POSITIONS AND EXERCISES.

ERECT POSITION IN SEAT.

The sitting position must be erect, the hands on the desk and apart at shoulder-width, thumbs beneath edge of desk, head up and chin drawn in, chest raised, without touching the back of the seat, feet on the floor, heels together.

FUNDAMENTAL POSITION.

The heels joined, toes turned outward, knees straight and closed, chest raised, arms down at the sides (slightly curved), head up, chin drawn in.

RESTING POSITION.

Any convenient position in which the muscles are relaxed may be called a resting position, and after the pupils have practiced a number of exercises the teacher may give the command to rest; but this command ought not to be given too often, as, in the brief time appropriated to physical training in our schools, the children's strength will hardly be overtaxed if arm, trunk and leg exercises are sufficiently varied; however, it may be necessary to rest when the teacher explains or shows a new exercise.

At the command, In Place—rest! move into the following position: Clasp hands backward and place right (left) foot backward. Care should be taken that the position of the feet is changed frequently, thus avoiding the habit of resting too much on the same leg, for this may become the cause of a deformed spinal column.

Another resting position is as follows: Clasp hands behind the body, and place both feet sideways apart, resting equally on both feet.

CHANGING OF POSITION.

Changing of position means to move alternate limbs from one given position into another. For example: Place left hand on shoulder and right hand on hip. At command, "Position—change!" the left hand is placed on hip and the right hand on shoulder. Or, left foot forward in position—place! At the command, "Position—change!" the left foot is returned and the right foot is placed forward, etc. Changing of positions is generally done by command. If it is a rhythmical exercise, it is called exercising alternately in two counts. At 1 take first position; at 2 change position.

EXERCISES BY COMMAND.

The exercises by command at the head of each lesson give a brief outline of the main exercise the lesson contains. These exercises ought not to be omitted. Practice all main exercises first by command, even where this is not indicated. It is much easier for pupils to practice the exercises in rhythmical time after having practiced them by command.

CLOSING AND BREATHING EXERCISES.

At the end of each lesson, there are closing and breathing exercises. Practice these only by command a few times, but execute

very slowly. Breathing exercises have a tendency toward quieting the system; therefore it is advisable to conclude every lesson in physical training with same, even if the program does not call for any. Where arm exercises are indicated with breathing exercises, practice such very slowly and gracefully. Inhale and exhale through nostrils.

COMPOUND EXERCISES IN TWO COUNTS.

Exercises executed by any *one* part of the body or by both arms or lower limbs, or trunk, are called "Simple Exercises." Such movements as are executed by *two* or *more* different parts of the body simultaneously are called "Compound Exercises." Example: Raise arms forward *and* rise on toes; fold arms forward *and* bend knees; lower trunk forward *and* fold arms backward, etc. The conjunction "and" denotes that the exercise is a compound exercise.

DESK EXERCISES.

In Sitting Position.

1. Slide to the left (right).

REMARK:—Place both hands at sides of desk, slide to the left (right) until the right (left) arm is straight. Carry the body erect while sliding.

2. Bend trunk sideward left (right).

REMARK:—Place both hands at sides of desk; bend trunk to the left (right) until the right (left) arm is straight.

3. Turn and bend trunk backward.

REMARK:—Place both hands at one side of desk; turn and bend trunk to opposite side, both arms straight.

MARCHING EXERCISES.

Marching can be done either on or from place. We march forward, sideward or backward with follow-step, regular or quick steps. The carriage of the body, while marching, should always be faultless.

1. Mark time—March!

REMARK:—Mark time means march on place, that is, to raise the left and right knee alternately in two counts; the toes with each step point downward. Always begin with the left foot. After the command "Halt!" which is usually given at the right foot, execute one step more with the left, and close with the right.

2. One step forward left (right).

REMARK:—Marching in any direction is commenced with the left foot, if not otherwise indicated. By stepping with the left foot, the weight of the body is transferred to the left foot, and vice versa. At 1 step left foot forward (backward), at 2 right foot follows, and is placed aside of left foot.

3. Two steps forward.

REMARK:—At 1 step left foot forward, at 2 right foot forward, and at 3 place left foot aside of right.

REMARK:—Three steps forward and backward are executed in four counts, the fourth step is the closing step.

4. Three steps forward (backward).

REMARK:—In all follow-steps, place the ball of foot on floor first.

5. Follow-step sideward left and right.

REMARK:—At 1 step sideward left, at 2 right foot is crossed in front or rear of left. Or at 1 right foot is crossed in front or rear of left, and at 2 step sideward left.

6. Sideward left (right) with crossing right (left) foot forward or backward.

REMARK:—At 1 step forward with the left foot; at 2 step forward with the right foot; at 3 step forward with left again; and at 4 turn one-half turn on left foot and place right foot aside of left. Then repeat exercise.

7. Three steps forward and one-half turn left.

MARCHING EXERCISES IN THE CLASSROOM.

DRILL I.

Commands.

1. Mark time—March!

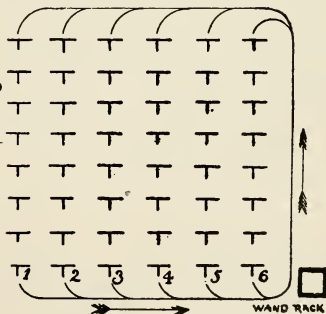
2. Right file forward to
left—March!3. Files to place forward—
March!

4. Mark time—March!

5. Attention—Halt!

Explanation.

1. Pupils march on place.



2. The right file begins to march forward to the left and each file will follow as soon as the file before it has passed. No. 2 follows No. 1; No. 3 follows No. 2, etc.

3. From the rear end each file marches into its aisle in successive order.

4. All march on place.

5. Stop marching on place.

DRILL II.

Commands.

1. Mark time—March!
2. Alternate files right about—Face!
3. Forward, right file to left—March!
4. Files to place—March!
5. Mark time and alternate files right about—Face!
6. Attention—Halt!

Explanation.

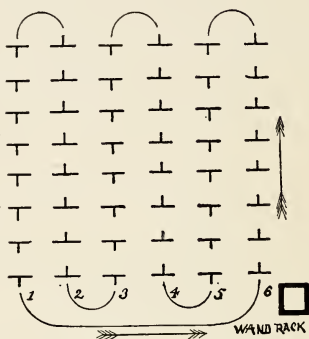
1. Pupils march on place.
2. The alternate files (2, 4, 6) execute $\frac{1}{2}$ turn right in four steps (face rear wall).

3. File No. 1 marches forward to left and follows file 6; No. 2 follows No. 1; No. 3 follows No. 2, etc. All march up and down the aisles until they come to their places. Or, the class may march around the room once or twice; then, at the fourth command:

4. The first file passes into the last file's aisle from the front end; the files will march up and down until each file again stands in its own aisle.

5. Right about—Face! All face forward.

6. Stop marching.



DRILL III.

Divide the class into two divisions. If there are six files, each division consists of three files; if there are seven files, the first four form the first, the remaining three the second division. The two divisions march independently at the same time. The inner two

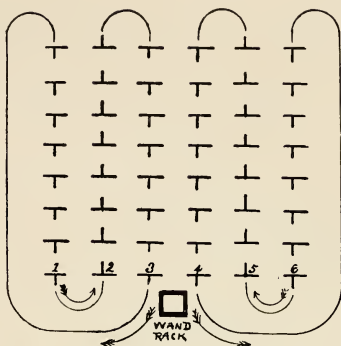
files are the leading files. Place the rack with wands between the two leading files.

Commands.

1. Mark time—March!
2. Files 2 and 5 right about—Face!
3. Forward—March!
4. Mark time — March!
- Files 2 and 5 right about—face!
5. Attention—Halt!

Explanation.

1. March on place.
2. Files 2 and 5 execute $\frac{1}{2}$ turn right in four steps.
3. Files 3 and 4 take the lead and march outward to the rear; No. 2 follows No. 3; and No. 1 follows No. 2; No. 5 follows No. 4; and No. 6 follows No. 5. All march until they again come to their places.
4. All march on place and files 2 and 5 right about—Face!
5. Stop marching.

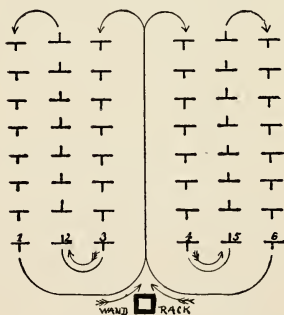


DRILL IV.

The class, divided into two divisions, arises outward so as to leave the center aisle unoccupied.

Commands.

1. Mark time—March!
2. Files 2 and 5 right about—Face!
3. Outer files forward-inward and one line through center aisle—March!
4. Mark time—March! Front—Face!
5. Attention—Halt!



Explanation.

1. Pupils march on place.
2. Files 2 and 5 execute one-half turn right in four steps.

3. Files 1 and 6 march forward toward the center, march in one line behind each other through the center aisle (first pupil of line 1 passes first, then first pupil of line 6 follows, then second pupil of line 1, then second of line 6, etc.) to the rear; here the two divisions will separate again to their respective sides and counter-march up and down the aisles until they again come to their places.

4. All march on place and turn forward.

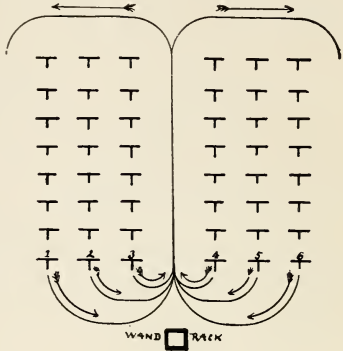
5. Stop marching.

DRILL V.

The class, divided into two divisions, will arise outward to leave the center aisle unoccupied.

Commands.

1. Mark time—March!
2. Four $\frac{1}{4}$ turns outward—March!
3. Outer files forward inward and one line through center aisle—March!
4. Separate left and right to circles—March!
5. To your places—March!
6. Four $\frac{1}{4}$ turns inward and halt—March!



Explanation.

1. All march on place.
2. Files 1, 2 and 3 turn in 8 steps completely around to the right (each $\frac{1}{4}$ turn in two steps); files 4, 5 and 6 to the left.
3. Files 1 and 6 march forward toward the center and march in one line behind each other through the center aisle (first pupil of line 1 passes first, then first pupil of line 6, then second pupil of line 1, then second of line 6, etc.) to the rear as soon as lines 1 and 6 have passed; lines 2 and 5 follow; after these, lines 3 and 4.
4. At the rear end the two divisions separate again to their respective sides and form two circles around the room. At the command: To your places—March!
5. One line through the center aisle is formed again; at the rear end separate again, and each file marches into its respective aisle to places.

6. All rows face again as in 2 and stop with the last step.

TACTICS.

Tactics consist of rules governing the movements of the individual, the rank, the column, or the colonnade, with relation to space, by means of formations, transformations, and reformations, which may be practiced in marching, running, etc.

Tactics have considerable disciplinary and educational value, but since the physical benefits derived from this form of exercise are so small, and since the mental strain required for the proper execution of the various evolutions is proportionately great, it is advised that not too much of the time allotted to the work in physical training be devoted to the practice of tactics. This work should be given when the children are alert, attentive and able to concentrate, not when they are mentally tired, and in need of recreative form of gymnastics.

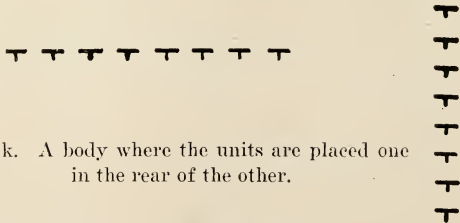
TACTICS.

N. B. In the following diagrams the short line represents the front of the individual, as in this case the person is facing.

(T)
X

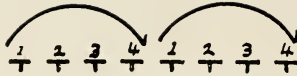
DEFINITIONS FOR TACTICS.

1. Front rank. A body where the units are placed one beside the other. The smallest rank consists of two units.

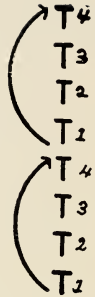


2. Flank rank. A body where the units are placed one in the rear of the other.

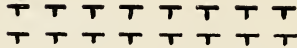
3. Front line. A body where two or more front ranks are placed one beside the other. The individual is no longer the unit. The smallest line consists of two ranks.



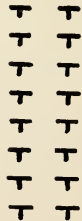
4. Flank line. A body where two or more flank ranks are placed one in rear of the other. The individual is no longer the unit.



5. First column. A body where two or more front ranks are standing one in the rear of the other. The smallest column consists of two ranks and two files.



6. Flank column. A body where two or more flank ranks are standing one beside the other.



7. Close order. A body where the units are in facing distance.



8. Open order. A body where the units are *any* given distance apart.

RULES.

Facings. On place. The turn is made upon the heel corresponding to the direction toward which the facing is to be, and is assisted by the toes of the opposite foot. The $\frac{1}{4}$ turns right in marching from place are executed thus: The preliminary command may be given at any time. The command of execution "face!" being given as the right foot strikes the ground, the left foot advances once more and the $\frac{1}{4}$ turn right is executed, while the right steps off in the new direction.

In the about facing, the command "face!" being given on the right foot, the left advances once more and a $\frac{1}{2}$ turn right is executed on the balls of both feet, the left foot stepping off in the new direction.

Stepping. For any number of steps taken forward or backward it requires one more count than steps, for the sideward stepping it takes double the counts of steps. (3 steps forward, 4 counts; 3 steps sideward, 6 counts.)

Halting. With two counts following the command "halt!", a marching body is brought to a standstill. The "halt!" is given as the right foot strikes the ground. "Class halt! 1-2," or "Attention, halt! 1-2."

Commanding. To insure accuracy in execution a command must be issued distinctly in two parts, the "preliminary" or "explanatory command," and the "command of execution," a marked pause being made between the two. In any command issued to a body marching on or from place, the "command of execution" must fall as the left foot strikes the ground. Exception to this rule is made in the following cases: halting a class or having it march sideward left, in which case the executionary command is given on the right foot, or in right face and right about face while marching and in evading right.

Wheeling. In all wheelings the contact of elbows is toward the pivot and the guiding toward the marching flank. Every $\frac{1}{4}$ wheel requires as many counts as there are units in the rank. In wheeling around center pivot it takes half as many counts as there are units in the rank.

TACTICS.

Facings.

- a. In standing position.
- b. While marching on place (called "marking time").
- c. While marching from place (called "on the march").

Commands.

For $\frac{1}{4}$ turn—"right (left)—face!"

For $\frac{1}{2}$ turn—"right (left) about—face!"

For $\frac{1}{8}$ turn—"half right (left)—face!"

$\frac{3}{8}$ turn is only used in marching from place and the command is "Obliquely to the rear right (left)—march!"

Marching on place.

Command: "Mark time—march!"

Marching from place.

Command: "Forward—march!"

"Backward—march!"

"Sideward right (left)—march!"

Stepping and facing.

Any number of steps "forward, backward, sideward left (right)—march!"

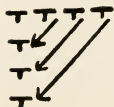
Any number of steps in either direction followed by $\frac{1}{4}$ turn, $\frac{1}{2}$ turn or $\frac{1}{8}$ turn, or vice versa. Example commands:—"Three steps forward and left face—march!" "Right about face and two steps sideward left—march!"

Division of rank by counting.

In a front rank counting is usually done from right to left, in a flank rank from front to rear. Commands:—"From right to left count (any number)—count!" "From front to rear count (any number)—count!"

Formations.

(A) Form a front line consisting of ranks of fours. Command: "Form fours in front of right (left) obliquely—march!" (The right (left) or #1 (#4) stand still, while the others place themselves in front.)



("Form fours in front of right, obliquely—march!"
4 counts.)

“Form fours in rear of right (left) obliquely—march!” (Above principle applies.)



(“Form fours in rear of right, obliquely—march!”
4 counts.)

“Form fours on the right (left) of 1 (4) passing in front—march!” (#1 or 4 stand still while the others circle around them eight counts to the desired side independent of each other.)



(Form fours on the right of 1 passing
in front—march!”) (8 counts.)

“Form fours on the right (left) of 1 (4) passing in rear—march!” (Above principle applies.)



(Form fours on the right of 1 passing
in rear—march!”) (8 counts.)

(B) From a flank line consisting of ranks of fours: “Form fours forward right (left) oblique—march!” (#1 stand still while the others align themselves abreast with them.)

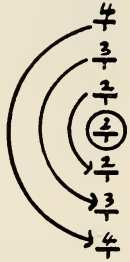


(“Form fours at the right of 1, obliquely—
march!”) (4 counts.)

“Form fours in front of 1 passing right (left)—march!” (#1 stand still while the others pass on the right (left) and in 8 counts place themselves in front of them. All of these formations are to be

practiced in standing marching on place and marching from place. These formations may also be used for the purpose of dividing a rank instead of counting, in which case they are executed successively.

For example: "From right to left form fours in front of right successively—march!" (One four after the other executes the command, while one is in operation the others are to judge by a glance what number in the four they will be.)

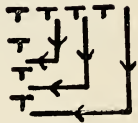


("Form fours in front of 1 passing right—
march!")
(8 counts.)

"Form fours in rear of last (4), passing right (left)—march!"

Transformation by right angles.

1. From a front line consisting of ranks of fours, "Form fours in front of right by right angles—march!" The right, or No. 1, stand still while Nos. 2, 3, 4 march forward two, three, and four steps respectively (the last step is always the closing step); then execute $\frac{1}{4}$ turn right and march forward the same number of steps and execute $\frac{1}{4}$ turn left to place themselves in front.



2. From a flank line consisting of ranks of fours, "Form fours to the left of first by right angles—march!" The front, or No. 1, stand still while Nos. 2, 3, 4 execute $\frac{1}{4}$ turn left and march forward two, three and four steps respectively; then execute $\frac{1}{4}$ turn to the right and march the same number of steps forward to place themselves beside the first.



3. From a front line consisting of ranks of fours, "Form fours in rear of right by right angles—march!" The right, or No. 1, stand still while Nos. 2, 3, 4 execute $\frac{1}{2}$ turn right and march two, three, and four steps forward respectively; then execute $\frac{1}{4}$ turn left, march forward the same number of steps and execute another $\frac{1}{4}$ turn left to place themselves in rear.

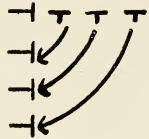


The same exercises may be practiced from line to column and vice versa. Then the rank as a unit executes the necessary number of steps.

WHEELINGS.

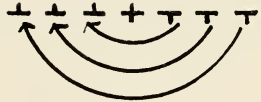
(A) From front formations consisting of ranks of fours: ($\frac{1}{4}$ wheel right). 4 counts.

1. "Fours quarter wheel right (left)—march!"



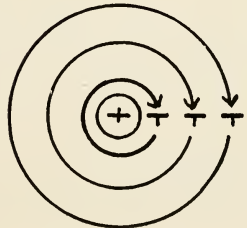
2. "Fours half wheel right (left)—march!"

($\frac{1}{2}$ wheel right.) 8 counts.



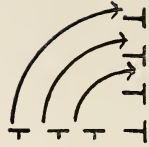
3. "Fours a complete wheel right (left)—march!"

(Complete wheel right.)
16 counts.



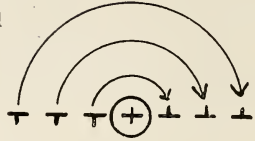
4. "Fours quarter wheel backward right (left)—march!" Opposite end is pivot in backward wheeling.

($\frac{1}{4}$ wheel backward right.)
4 counts.



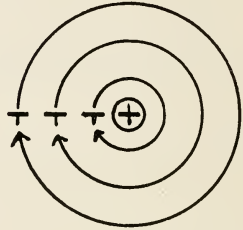
5. "Fours half wheel backward right (left)—march!"

($\frac{1}{2}$ wheel backward right.)
8 counts.



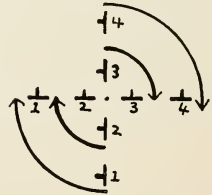
6. "Fours a complete wheel backward right (left)—march!"

(Complete wheel backward right.)
16 counts.



7. "Fours quarter wheel right (left) around center pivot—march!"

2 counts.



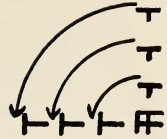
8. "Fours half wheel right (left) around center pivot—march" (4 counts.)

9. "Fours a complete wheel right (left) around center pivot—march!" Continuation of No. 7 for $\frac{1}{2}$ and complete wheels. (8 counts.)

(B) "From a flank rank consisting of ranks of fours, $\frac{1}{4}$ wheel sideward right." (8 counts.)

1. "Fours quarter wheel sideward right (left)—march!"

(8 counts.)



2. "Fours half wheel sideward right (left)—march!"

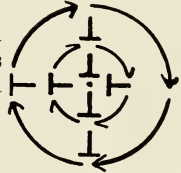
(16 counts.)

3. "Fours a complete wheel sideward right (left)—march!"
 $\frac{1}{2}$ and complete wheels, a continuation of No. 1.

(32 counts.)

4. "Fours $\frac{1}{4}$, $\frac{1}{2}$, or $\frac{1}{1}$ wheel sideward around center pivot—march!" All wheelings practiced in standing, marching on place and from place; also successively.

($\frac{1}{4}$ wheel around a center pivot right.)

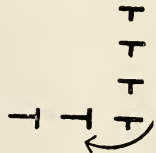


(C) From a flank line consisting of ranks of fours marching from place:

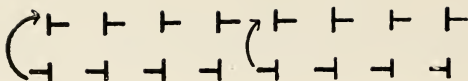
1. "Fours column right (left)—march!"

Upon this command the first of each rank turn immediately, changing the marching body to a flank column. The same command issued from this formation will reform the flank line.

(Fours column right.)



2. "Fours counter march right (left)—march!" The first of each rank executes a $\frac{1}{2}$ turn and marches in this new direction parallel with the line.



(Fours counter march right.)

3. "Fours obliquely to the rear right (left)—march!" Each first executes $\frac{1}{2}$ of a turn and march forward in this direction.

From a flank line or rank standing still.

4. "Forward first (given number) right (left) face—march!"

The first two, four, or as many as the command calls for, face and march forward, the other executing the same when they come to the same place.

The command "First four right (left)—face!" given at the next corner will bring the former formation again.

CHANGE LINE OF DIRECTION.

From a front line or front column of fours:

"Fours change direction to the right (left) by evading—march!" The command being given to the right, a successive facing to the right of the units in the rank is begun by the left one and the marching forward continued immediately after the facing,—that is to say: Immediately after the command has been given, the unit on the extreme left, unit "four" (4) executes $\frac{1}{4}$ turn right and marches forward in rear of the rank. The next unit, unit "three" (3) takes one step forward before facing, then joins unit "four" while unit "two" takes two steps forward and unit "one" three steps forward before facing. Thus the entire rank will, after the last member has joined the group, march at right angles to the former line of direction.

Thus a front column is changed into a front line and vice versa.

From a front column of fours:

"From line to the right (left) by successive wheeling left—march!" If the command has been given to the right, the first rank of fours executes $\frac{1}{4}$ wheel left and forms the base for the new line to be formed. The second rank marches four steps forward before executing $\frac{1}{4}$ wheel left; the third rank marches eight steps forward before wheeling, etc., until finally all the ranks are beside each other in close order. After wheeling the ranks march on place until the line is formed.

FIGURE MARCHING.

Form a front colonnade consisting of any number of lines, each line consisting of two ranks, each rank consisting of two units. Number the lines 1st, 2nd, etc.

“Two complete wheel outward—march!”

“Two complete wheel outward successively—march!”

“In the uneven numbered lines, ranks wheel outward, others four steps forward and four steps on place—march!”

“The even numbered lines now wheel, the others passing through and all are again in place.”

“In all uneven numbered lines the ranks complete wheel right—march!”

“In all even numbered lines the ranks complete wheel left—march!”

“In all uneven numbered lines, ranks right wheel; in all even numbered lines, ranks left wheel successively—march!”

“The ranks in alternate lines right and left wheel respectively—march!”

After every revolution have the ranks change direction; those that wheeled right go left, and vice versa.

“From the center outward—face!”

“Right about—face!”

“Right—face!”

“Right about—face!”

“Left—face!”

“Front—face!”

These last commands are given while marching and must be given carefully. After the six commands given in order, the colonnade will be reformed.



(Plate A)
Resting position.



(Plate B)
Fundamental position.

INTRODUCTION TO LIGHT GYMNASTICS.

Exercises in standing, walking, running, skipping and hopping tend to develop speed and endurance, good posture, and strong, healthful breathing. From an hygienic standpoint alone, this form of exercise is of great value to the growing child. It involves the heaviest muscles of the body, thereby stimulating growth through more animated activity of the organs of respiration and circulation, thus supplying the various organs with better, richer, purer blood.

Fourth Grade

LESSON I.

PREPARATORY EXERCISES BY COMMAND,
OTHERS BY COUNTING.

Arms forward—raise! Arms—lower! Hands on hips—place! Trunk forward—lower! Trunk—raise! Arms—forward, upward—raise! Arms—lower! On toes—rise! Heels and arms—lower!



(Plate 1)

Place hands on hips and lower trunk forward.

1. Raise arms forward—1; lower arms—2.

2. Hands on hips—(place). Lower the trunk forward—1; raise trunk—2.

3. Hands on hips—(place). Rise on toes—1; lower heels—2.

4. Raise the arms fore-upward—1; lower arms—2.

5. Raise the arms forward—1; lower arms—2; lower the trunk forward—3; raise trunk—4.

6. Rise on toes—1; lower heels—2; raise arms fore-upward—3; lower arms—4.

7. Raise arms forward and lower trunk forward—1; return—2. (See plate 1.)

8. Rise on toes and raise the arms fore-upward—1; return—2.

9. Desk Ex.:—Place hands on desks and jump to kneeling position on seat and down, several times.

10. Breathing:—Inhale and exhale. Repeat several times.

NOTE:—From the kneeling position the arms may be raised to different positions.

LESSON II.

Arms sideward—raise! Arms—lower! Hands on shoulders—place! Trunk left (right)—bend! Trunk—straighten! Knees—bend! Straighten knees and arms—lower! Arms sideward upward—raise! Arms—lower! Arms to thrust—bend! Arms—lower!



(Plate 2)

Bend knees and place hands on shoulders.

1. Raise arms sideward—1; lower arms—2.

2. Hands on shoulders (place). Bend trunk left—1; straighten trunk—2. The same exercise right.

3. Hands on hips (place). Bend the knees—1; straighten knees—2.

4. Raise arms side-upward—1; lower arms—2.

5. Raise arms sideward—1; lower arms—2; bend trunk left—3; straighten trunk—4. The same exercise, right.

6. Bend knees—1; straighten knees—2; raise the arms side-upward—3; lower arms—4.

7. Raise arms sideward and bend trunk left—1; return—2; the same exercise, right.

8. Bend knees and place hands on shoulders—1; return—2. (See plate 2.)

9. Bend arms to thrust, and on place—run!

10. Breathing:—Inhale and exhale several times.

LESSON III.

PREPARATORY COMMANDS.

Arms backward (knuckles backward)—raise! Arms—lower! Hands on hips—place! Shoulders backward—move! Shoulders forward—move! Left (right) foot forward—place! Foot—replace! Arms—lower! Arms fore-upward—swing! Arms—lower!

1. Raise arms backward (knuckles backward)—1; lower arms—2.

2. Hands on hips (place). Move shoulder backward—return—1.

3. Hands on hips (place). Place left foot forward—1; re-place foot—2. The same exercise, right.

— 4. Swing arms fore-upward—1; lower arms—2.

5. Raise arms backward—1; lower arms—2; move shoulders forward—3; return—4.

6. Place left foot forward—1; replace foot—2; swing arms fore-upward—3; lower arms—4. The same exercise, right.

7. Raise arms and shoulders backward—1; return—2.

8. Place left foot forward and swing arms forward-upward—1; return—2. The same exercise, right.

9. Place hands on desk and left foot on seat (place); change position of feet—begin!

10. Breathing:—Raise arms sideward (palms up) and inhale; lower arms and exhale. Repeat.

LESSON IV.

Place hands on hips and trunk left (right)—turn! Trunk—return! Left (right) foot sideward—place! Foot—replace! Hands behind neck—place! Arms—lower!



(Plate 3)

(Hands behind neck);
place left foot sideward.

1. Raise arms sideward—1; lower arms—2.

2. Hands on hips (place). Turn trunk left—1; return trunk—2. The same exercise, right.

3. Hands behind neck (place). Place left foot sideward—1; replace foot—2. The same exercise, right. (See plate 3.)

4. Place hands behind neck—1; lower the arms—2.

NOTE:—When placing hands behind the neck the elbows point sideward, finger tips touch and the chest is well raised.

5. Raise arms sideward—1; lower arms—2; turn trunk left—3; return trunk—4. The same exercise, right.

6. Place left foot sideward—1; replace foot—2; place hands behind neck—3; lower arms—4. The same exercise, right.

7. Raise arms sideward and turn trunk left—1; return—2. The same exercise, right.

8. Place left foot sideward, and hands behind neck—1; return—2. The same exercise, right.

9. Bend arms to thrust and run on place in alternation with marking time upon command.

10. Breathing:—Rise on toes and inhale; lower heels and exhale. Repeat.

LESSON V.

PREPARATORY COMMANDS.

Hands on hips—place! Arms forward—straighten! Hands on hips—place!
Left (right) sideward—stride! Trunk forward—lower! Trunk—raise!
Position—stand! Left (right) foot backward—place! Foot—replace!



(Plate 4)
Place left foot
backward, and
straighten
arms upward.

1. Hands on hips (place). Straighten arms forward—1; return—2.

2. Place hands behind neck and left sideward (stride). Lower trunk forward—1; raise trunk—2.

3. Hands on hips (place). Place left foot backward—1; replace foot—2. The same exercise, right.

4. Hands on hips (place). Straighten arms upward—1; return—2.

5. Place hands on hips and left sideward (stride). Straighten arms forward—1; return—2; lower trunk forward—3; raise trunk—4.

6. Hands on hips (place). Place left foot backward—1; replace foot—2; straighten arms upward—3; return—4. The same exercise, right.

7. Place hands on hips and left sideward (stride). Straighten arms forward and lower trunk forward—1; return—2. The same exercise, right.

8. Hands on hips (place). Place left foot backward and straighten arms upward—1; return—2. The same exercise, right. (See plate 4.)

9. Place hands on desks and jump to squatting position on seat and down.

10. Breathing:—Raise arms sideward and inhale; lower arms and exhale.

LESSON VI.

PREPARATORY COMMANDS.

Hands on hips—place! Arms sideward—straighten! Hands behind neck—place! Left (right) sideward—stride! Trunk left (right)—bend! Trunk—straighten! Position—stand! Hands on hips—place! Left (right) foot backward—cross! Foot—replace! Arms upward—straighten! Arms—lower!



(Plate 5)

(Hands on hips, stride left sideward.) Straighten arms sideward and bend trunk left.

1. Hands on hips (place). Straighten arms sideward—1; return—2.

2. Place hands behind neck and left sideward (stride). Bend trunk left—1; straighten trunk—2. The same exercise, right.

3. Hands on hips (place). Cross left foot backward—1; replace foot—2. The same exercise, right.

4. Hands on hips (place). Straighten arms upward—1; return—2.

5. Place hands on hips and left sideward (stride). Straighten arms sideward—1; return—2; bend trunk left—3; straighten trunk—4. The same exercise, right.

6. Hands on hips (place). Cross left foot backward—1; replace foot—2; straighten arms upward—3; return—4. The same exercise, right.

7. Place hands on hips and left sideward (stride). Straighten arms sideward and bend trunk left—1; return—2. The same exercise, right. (See plate 5.)

8. Hands on hips (place). Place left foot backward and straighten arms upward—1; return—2. The same exercise, right.

9. Bend arms to thrust and run on place with $\frac{1}{4}$ turn left (right) upon command.

10. Breathing:—Place hands on hips and inhale; lower arms and exhale.

LESSON VII.

PREPARATORY COMMANDS.

Arms to thrust—bend! Arms backward—thrust! Hands on shoulders—place! Trunk backward—bend! Trunk—straighten! Hands on hips—place! Left (right) knee—raise! Foot—replace! Arms to thrust—

bend! Arms upward—thrust! To thrust—bend! Thrust arms backward and trunk backward—bend! Bend arms and trunk—straighten! Arms—lower!

1. Arms to thrust (bend); thrust arms backward—1; return to thrust—2.

2. Place hands on shoulders and left (right) sideward (stride). Bend trunk backward—1; straighten trunk—2.

3. Hands on hips (place). Raise left knee (to right angle)—1; replace foot—2. The same exercise, right.

4. Arms to thrust (bend). Thrust arms upward—1; return to thrust—2.

5. Bend arms to thrust and left (right) sideward (stride). Thrust arms backward—1; return—2; bend trunk backward—3; straighten trunk—4.

6. Arms to thrust—bend. Raise left knee—1; replace foot—2; thrust arms upward—3; return—4. The same exercise, right.

7. Bend arms to thrust and left sideward (stride). Thrust arms backward and bend trunk backward—1; return—2.

8. Arms to thrust (bend). Raise left knee and thrust arms upward—1; return—2. The same exercise, right.

9. Place hands on desks and squat (jump) over seat; face about and repeat several times.

10. Breathing:—Lower head backward and inhale; straighten head and exhale.

LESSON VIII.

PREPARATORY COMMANDS.

Arms to thrust—bend! Arms sideward—thrust! Place hands on hips and left (right) sideward—stride! Left knee—bend! Knee—straighten! Thrust arms forward and trunk left (right)—turn! Bend arms to thrust and trunk—return! Position—stand!

1. Arms to thrust (bend). Thrust arms forward—1; return to thrust—2.

2. Place hands behind neck and left sideward (stride). Turn trunk left—1; return trunk—2. The same exercise, right.

3. Place hands on hips and left sideward (stride). Bend left knee—1; straighten knee—2. The same exercise, right.

4. Arms to thrust (bend). Thrust arms sideward—1; return to thrust—2.

5. Bend arms to thrust and left sideward (stride). Thrust arms forward—1; return—2; turn trunk left—3; return trunk—4. Same exercise, right.

6. Bend arms to thrust and left sideward (stride). Bend left knee—1; straighten knee—2; thrust arms sideward—3; return—4. The same exercise, right.

7. Bend arms to thrust and left sideward (stride). Thrust arms sideward and turn trunk left—1; return—2. The same exercise, right.

8. Bend arms to thrust and left sideward (stride). Bend left knee and thrust arms sideward—1; return—2. The same exercise, right.

9. Arms to thrust (bend). Run on place with raising of heels and mark time alternately upon command.

10. Breathing:—Raise arms sideward (palms up), and inhale; lower arms and exhale.

LESSON IX.

PREPARATORY COMMANDS.

Arms to strike—bend! Arms sideward—strike! Arms to strike—bend!
Left (right) forward—stride! Foot—replace! Arms backward—strike!
Arms—lower!



(Plate 6)

(Raise arms to strike and left forward stride.) Strike the arms sideward, and lower the trunk forward.

1. Arms to strike (bend). Strike arms sideward—1; return—2.

NOTE:—In raising the arms to strike, shoulders, elbows pointing sideward. the hands are clinched over the

2. Place hands behind the neck, and left (right) forward (stride). Lower trunk forward—1; raise trunk—2.

3. Hands on hips (place). Rise on toes—1; lower heels—2.

4. Arms to strike (raise). Strike backward—1; return—2.

5. Arms to strike (bend) and left (right) forward (stride). Strike arms sideward—1; return—2; lower trunk forward—3; return—4.

6. Arms to strike (bend). Rise on toes—1; return—2; strike arms backward—3; return—4.

7. Arms to strike (bend) and left (right) forward (stride). Strike the arms sideward and lower trunk forward—1; return—2. (See plate 6.)

8. Arms to strike (bend). Rise on toes and strike arms backward—1; return—2.

9. Place hands on desks and squat (jump) over seat with $\frac{1}{4}$ and $\frac{1}{2}$ turn left (right) and repeat.

10. Breathing:—Rise on toes and inhale; lower heels and exhale.

LESSON X.

PREPARATORY COMMANDS.

Clinch hands and arms fore-upward—swing! Arms—lower! Place hands on shoulders and left (right) forward—stride! Trunk backward—bend! Trunk—straighten! Position—stand! Clinch hands and arms side-upward—swing! Left (right) sideward—lunge! Swing arms side-downward and foot—replace!



(Plate 7)

(Clinch the hands, and arms side-upward raise); lunge left sideward and swing arms side-downward.

1. Clinch hands and arms fore-upward (raise). Swing arms downward backward—1; return—2.

2. Place hands on shoulders and left (right) forward (stride). Bend trunk backward—1; straighten trunk—2.

3. Hands on hips (place). Lunge left sideward—1; return—2. The same exercise, right.

4. Clinch hands and arms side-upward (raise). Swing arms side-downward—1; return—2.

5. Clinch hands, raise arms fore-upward, and left (right) forward (stride). Swing arms downward backward—1; return—2; bend trunk backward—3; return—4.

6. Clinch hands, arms side-upward (raise). Lunge left sideward—1; return—2; swing arms side-downward—3; return—4. The same exercise, right.

7. Clinch hands, raise arms fore-upward and left (right) forward (stride). Swing arms backward and bend trunk backward—1; return—2.

8. Clinch hands, and arms side-upward (raise). Lunge left sideward and swing arms downward—1; return—2. The same exercise, right. (See plate 7.)

9. Bend arms to thrust and run on place with clapping of hands upon command.

10. Breathing:—Raise arms side-upward and inhale; lower arms and exhale.

Fifth Grade

PREPARATORY EXERCISES BY COMMAND—OTHERS BY COUNTING.

LESSON I.

Raise the arms forward and on toes—rise! Arms and heels—lower! Raise the arms forward and trunk forward—lower! Lower arms and trunk—raise! Raise the arms sideward and the knees—bend! Lower the arms and the knees—straighten! Raise the arms sideward and trunk forward—lower! Lower arms and trunk—raise!

1. Raise left arm forward—1; lower arm—2; raise right arm forward—3; lower arm—4.
2. Raise left foot forward—1; replace foot—2; raise right foot forward—3; replace foot—4.
3. a. Raise left arm and foot forward—1; return—2; right—3 and 4.
b. Raise both arms forward and rise on toes—1; return—2.
4. a. Hands on shoulders (place). Lower head forward—1; raise head—2.
b. Raise arms forward and lower trunk forward—1; return—2.
5. Raise left arm sideward—1; lower arm—2. Same, right, 3 and 4.
6. Raise left foot sideward—1; replace foot—2. Same, right, 3 and 4.
7. a. Raise left arm and foot sideward—1; return—2. Right, 3 and 4.
b. Raise both arms sideward and bend knees—1; return—2.
8. Raise arms sideward and lower trunk forward—1; return—2.
9. Balancing:—The arms and left foot forward—raise! Hold this position eight counts, then repeat, raising right foot forward.
10. Breathing:—Place hands on hips and inhale; lower arms and exhale. Repeat.

LESSON II.

PREPARATORY COMMANDS.

Raise arms sideward and the trunk left (right)—bend! Lower arms and trunk—straighten! Raise arms backward and the knees—bend! Lower arms and knees—straighten! Raise arms sideward and left (right) forward—stride! Lower arms and foot—replace!



(Plate 8)

Raise both arms and left foot backward.

1. Raise left arm sideward—1; lower arm—2; right, 3 and 4.
2. Raise left foot sideward—1; replace foot—2; right, 3 and 4.
3. a. Raise left arm and foot sideward—1; return—2; right, 3 and 4.
b. Raise both arms sideward and rise on toes—1; return—2.
4. a. Hands on hips (place). Lower head left—1; raise head—2; right, 3; raise—4.
b. Raise arms sideward and bend trunk left—1; return—2; same, right, 3 and 4.
5. Raise left arm backward—1; lower arm—2; right, 3 and 4.
6. Raise left foot backward—1; replace foot—2; right, 3 and 4.
7. a. Raise left arm and foot backward—1; return—2; same right, 3 and 4.
b. Raise both arms and left foot backward. The same exercise, right. (See plate 8.)
c. Raise both arms backward and bend knees—1; return—2; right, 3 and 4.
8. Raise arms sideward and left (right) forward (stride). Bend trunk left—1; straighten trunk—2; right, 3 and 4.
9. Balancing:—The arms upward and left foot backward—raise! Hold eight counts, then repeat, raising right foot backward.
10. Breathing:—Rise on toes and inhale slowly; lower heels and exhale, saying “Oh.” Repeat.

LESSON III.

PREPARATORY COMMANDS.

Hands behind the neck—place! Head backward—bend! Lower arms and the head—raise! Raise arms backward and the trunk backward—bend! Lower arms and trunk—raise! Left (right) sideward—stride! Raise arms fore-upward and trunk backward—bend! Lower arms and trunk—raise! To fundamental position—jump!

1. Raise left arm backward—1; lower arm—2; right, 3 and 4.
2. Raise left foot backward—1; replace foot—2; right, 3 and 4.
3. a. Raise left arm and foot backward—1; return—2; right, 3 and 4.
b. Raise both arms backward and rise on toes—1; return—2.
4. a. Hands behind neck (place). Lower head backward—1; raise head—2.
b. Raise arms backward and bend trunk backward—1; return—2.
5. Raise left arm fore-upward—1; lower arm—2; right, 3 and 4.
6. Raise left foot backward crosswise—1; replace foot—2; right, 3 and 4.
7. a. Raise left arm fore-upward and left foot backward crosswise—1; return—2; right, 3 and 4.
b. Raise both arms fore-upward and bend knees—1; return—2.
8. Left (right) sideward (stride). Raise arms fore-upward and bend trunk backward—1; return—2.
9. Balancing:—Raise arms slowly fore-upward and on toes—rise! Hold eight counts, then slowly lower arms and heels. Repeat.
10. Breathing:—Slowly raise arms sideward and inhale. Lower arms and exhale. Repeat.

LESSON IV.

PREPARATORY COMMANDS.

Raise arms side-upward and trunk left (right)—turn! Lower arms and trunk—return! Arms to chest—raise! (Finger-tips touch, elbows point sideward, shoulder-high.) Arms sideward—fling! To chest—return! Left (right) forward—stride! Lower arms and foot—replace!



(Plate 9)

Arms to position in front of chest, (finger-tips touching, elbows pointing sideward.

1. Raise left arm side-upward—1; lower arm—2; right, 3 and 4.
2. Cross left foot backward—1; replace foot—2; right, 3 and 4.
3. a. Raise left arm side-upward and cross left foot backward—1; return—2; right, 3 and 4.
- b. Raise both arms side-upward and rise on toes—1; lower arms and heels—2.
4. a. Hands on hips (place). Turn head left—1; return—2; turn head right—3; return—4.
- b. Raise arms side-upward and turn trunk left—1; return—2; right, 3 and 4.

5. Arms to position in front of chest (finger-tips touching, elbows pointing sideward) (raise). Fling left arm sideward—1; return—2; right, 3 and 4. (See plate 9.)

6. Place left foot sideward—1; replace foot—2; right, 3 and 4. Arms to position in front of chest, raise.

7. a. Fling left arm sideward and place left foot sideward—1; return—2; right, 3 and 4.

b. Fling both arms sideward and bend knees—1; return—2.

8. Raise arms to chest and left forward (stride). Fling arms sideward and turn trunk left—1; return—2; right, 3 and 4.

9. Balancing:—Slowly raise arms forward and knees—bend! Hold eight counts, then lower arms, straighten knees and repeat.

10. Breathing:—Rise on toes and inhale. Lower heels and exhale. Repeat.

LESSON V.

PREPARATORY COMMANDS.

Hands on hips—place! Left (right) forward—lunge! Foot—replace! The right (left) knee upward—raise! Foot replace! Straighten arms upward and trunk forward—lower! Lower arms to sides and trunk—raise!



(Plate 10)

Straighten arms forward and lower head forward.

1. Hands on hips (place). Straighten left arm forward—1; replace hand—2; right, 3 and 4.
2. Arms in rear (fold). Lunge left forward—1; return—2; right, 3 and 4.
3. a. Hands on hips (place). Straighten left arm forward and lunge forward left—1; return—2; right, 3 and 4.
- b. Straighten both arms forward and lunge left forward—1; return—2; right, 3 and 4.
4. a. Hands on hips (place). Straighten arms forward and lower head forward—1; replace hands and raise head—2. (See plate 10.)
- b. Place hands behind neck and left- (right)- sideward (stride). Lower trunk forward—1; raise trunk—2.
5. Hands on hips (place). Straighten left arm upward—1; replace hand—2; right, 3 and 4.
6. Hands behind neck (place). Raise left knee upward—1; replace foot—2; right, 3 and 4.
7. a. Hands on hips (place). Straighten left arm upward and raise left knee upward—1; return—2; right, 3 and 4.
- b. Straighten both arms upward and lunge left forward—1; return—2; right, 3 and 4.
8. Place hands on hips and left (right) sideward (stride). Lower trunk forward and straighten arms upward—1; return—2.
9. Balancing:—Raise arms sideward and left foot forward—raise! Hold eight counts, then lower arms and foot. Repeat, raising right foot forward.
10. Breathing:—From arms forward in position, move arms sideward and inhale. Move forward and exhale. Repeat.

LESSON VI.

PREPARATORY COMMANDS.

Hands on shoulders—place. Left (right) sideward—lunge! Foot—replace!
 Hands on hips—place! Straighten arms sideward and head left—bend!
 Replace hands and head—raise! Right (left) heel upward—raise! Foot
 —replace! Straighten arms upward and trunk left (right)—bend!
 Lower arms and trunk—straighten!

1. Hands on shoulders (place). Straighten left arm sideward—1; replace hand—2; right, 3 and 4.

2. Hands on hips (place). Lunge left sideward—1; return—2; right, 3 and 4.

3. a. Hands on shoulders (place). Straighten left arm sideward and lunge left sideward—1; return—2; right, 3 and 4.

b. Straighten both arms sideward and lunge left sideward—1; return—2; right, 3 and 4.

4. a. Hands on hips (place). Straighten arms sideward and lower head left—1; return—2; right, 3 and 4.

b. Place hands on shoulders and left sideward (lunge). Straighten arms sideward and bend trunk left—1; return—2; same, right, 3 and 4.

5. Hands on shoulders (place). Straighten left arm upward—1; replace hand—2; right, 3 and 4.

6. Arms in rear (fold). Raise left heel upward—1; replace foot—2; right, 3 and 4.

7. a. Hands on shoulders (place). Straighten left arm upward and raise left heel upward—1; return—2; right, 3 and 4.

b. Straighten both arms upward and raise left heel upward—1; return—2; right, 3 and 4. (See plate 11.)

8. Place hands on shoulders and left sideward (stride). Bend trunk left and straighten arms upward—1; return—2; right, 3 and 4. (See plate 12.)



(Plate 11)
 Straighten both arms upward and raise left heel upward.



(Plate 12)
 (Place hands on shoulders, and left sideward stride); bend trunk left and straighten arms upward.

9. Balancing:—Arms and left foot sideward—raise! Hold eight counts, then lower arms and foot. Repeat, raising right foot sideward.

10. Breathing:—Raise arms fore-upward and inhale. Lower side-downward and exhale. Repeat.

LESSON VII.

PREPARATORY COMMANDS.

Hands on hips—place! Place left (right) foot backward and right (left) knee—bend! Replace foot and knee—straighten! Arms to thrust (bend): Thrust arms backward and trunk backward—bend! Bend arms to thrust and trunk—straighten! Arms upward—thrust! Trunk backward—bend! Lower arms and trunk—straighten!

1. Arms to thrust (bend). Thrust left arm backward—1; return—2; thrust right arm backward—3; return—4.

2. Hands on hips (place). Place left foot backward and bend right knee—1; return—2; right, 3 and 4.

3. a. Arms to thrust (bend). Thrust left arm backward and place left foot backward, bending right knee—1; return—2; right, 3 and 4.

b. Thrust both arms backward and place left foot backward bending right knee—1; return—2; right, 3 and 4. (See plate 13.)



(Plate 13)

Thrust arms, and place left foot backward, and bend right knee.

4. a. Fold arms in rear and lower head backward—1; return—2. (See plate 14.)
 b. Bend arms to thrust and left (right) backward (stride). Thrust arms backward and bend trunk backward—1; return—2.
5. Arms to thrust (bend). Thrust left arm upward—1; return—2; right, 3 and 4.
6. Hands on shoulders (place). Place left foot backward and bend right knee—1; return—2; right, 3 and 4.
7. a. Arms to thrust (bend). Thrust left arm upward and place left foot backward, bending right knee—1; return—2; right, 3 and 4.
 b. Thrust both arms upward with the foregoing foot exercise—1; return—2; right, 3 and 4.
8. Bend the arms to thrust and left (right) sideward (stride). Bend the trunk backward and thrust the arms upward—1; return—2.
9. Balancing:—With $\frac{1}{4}$ turn left, hands on desks and left foot on seat (place). Slowly raise arms forward and on toes—rise! Hold eight counts, then lower arms and heels. Change position of feet and repeat.
10. Breathing:—Arms to chest (finger-tips touch, elbows point sideward)—raise! Fling arms sideward and inhale. Return and exhale. Repeat.



(Plate 14)
 Fold arms in rear, and lower head backward.

LESSON VIII.

PREPARATORY COMMANDS.

Place hands on shoulders and head left (right)—turn! Lower arms and head—return! Bend arms to thrust and left (right) forward—stride! Thrust arms forward and trunk left (right)—turn! Bend arms to thrust and trunk—return! Lower arms and foot—replace!

1. Arms to thrust (bend). Thrust left arm forward—1; return—2; right, 3 and 4.

2. Hands on hips (place). Lunge left forward—1; return—2; right, 3 and 4.

3. a. Arms to thrust (bend). Thrust left arm forward and lunge left forward—1; return—2; right, 3 and 4.

b. Thrust both arms forward and lunge left forward—1; return—2; right, 3 and 4.

4. a. Place hands on shoulders and turn head left—1; lower arms and return head—2; right, 3 and 4. (See plate 15.)

b. Bend arms to thrust and left forward (stride). Turn trunk left and thrust arms forward—1; return—2; right, 3 and 4.

5. Arms to thrust (bend). Thrust left arm sideward—1; return—2; right, 3 and 4.

6. Arms backward (fold). Lunge left sideward—1; return—2; right, 3 and 4.

7. a. Arms to thrust (bend). Thrust left arm sideward and lunge left sideward—1; return—2; right, 3 and 4.

b. Thrust both arms sideward and lunge left sideward—1; return—2; right, 3 and 4.

8. Bend arms to thrust and left sideward (stride). Turn trunk left and thrust arms sideward—1; return—2; right, 3 and 4.

9. Balancing:—With $\frac{1}{4}$ turn left, place hands on desks and left foot on seat (place)! Slowly raise arms fore-upward and on toes—rise! Hold eight counts, then lower arms and heels. Change position of feet and repeat.



(Plate 15)

Place hands on shoulders, and turn head left.

10. Breathing:—Hands on shoulders (elbows forward)—(place). Move elbows sideward and inhale; move forward and exhale. Repeat.

LESSON IX.

PREPARATORY COMMANDS.

Arms in rear—fold! Place the left (right) foot forward and the right (left) knee—bend! Replace the foot and the knee—straighten! Left (right) backward—lunge! Foot—replace! Arms to strike—bend! Strike the arms backward and left (right) backward—lunge! Lower arms and foot—replace!

1. Arms to strike (bend). Strike left arm forward—1; return—2; right, 3 and 4.

NOTE:—In raising arms to strike, the hands are clinched over the shoulders, elbows pointing sideward.

2. Arms in rear (fold). Place left foot forward and bend right knee—1; return—2; right, 3 and 4.

3. a. Arms to strike (bend). Strike left arm forward and place left foot forward, bending right knee—1; return—2; right, 3 and 4.

b. Strike both arms forward and place left foot forward, bending right knee—1; return—2; right, 3 and 4.

4. a. Arms in rear (fold). Lower head forward—1; raise head—2; bend head backward—3; raise head—4.

b. Arms to strike (bend). Bend trunk fore-downward and strike arms forward to touch toes—1; return—2.

5. Arms to strike (bend). Strike the left arm backward—1; return—2; right, 3 and 4.

6. Hands on hips (place). Lunge left backward—1; return—2; right, 3 and 4.

7. a. Arms to strike (bend). Strike left arm backward and lunge left backward—1; return—2; right, 3 and 4. (see plate 16.)



(Plate 16)

(Arms to strike—bend!); strike left arm backward, and lunge left backward.

b. Strike both arms backward and lunge left backward—1; return—2; right, 3 and 4.

8. Arms to strike (bend). Strike both arms backward, bend trunk backward and place left foot backward—1; return—2; right, 3 and 4.

9. Balancing:—With $\frac{1}{4}$ turn left place hands on desks and left foot on seat (place). Slowly raise arms sideward and head backward—lower! Hold four counts, then lower arms and raise head; change position of feet and repeat.

10. Breathing:—Raise arms sideward, rise on toes and inhale. Lower arms and heels and exhale. Repeat.

LESSON X.

PREPARATORY COMMANDS.

Hands on hips—place! Place left (right) foot sideward and right (left) knee—bend! Replace foot and the knee—straighten! Arms to strike—raise! Strike arms sideward, place the left (right) foot sideward and the right (left) knee—bend! Lower the arms, replace the foot and the knee—straighten! Arms upward—bend! Arms—lower!



(Plate 17)
Arms
upward
bend.

1. Arms to strike (bend). Strike left arm sideward—1; return—2; right, 3 and 4.

2. Hands on shoulders (place). Place left foot sideward and bend right knee—1; return—2; right, 3 and 4.

3. a. Arms to strike (bend). Strike left arm sideward, and place left foot sideward, bending right knee—1; return—2; right, 3 and 4.

b. Strike both arms sideward and place left foot sideward, bending right knee—1; return—2; right, 3 and 4.

4. a. Arms upward (bend). Lower head left—1; raise head—2; right, 3 and 4. (See plate 17.)

NOTE:—In bending arms upward, the hands are placed against shoulders, elbows pointing downward.

b. Arms sideward (raise). Turn head left—1; return—2; right, 3 and 4.

- c. Arms to strike (bend) and left (right) forward (strike).
Strike arms sideward and bend trunk left—1; return—2; right, 3 and 4.
5. Arms to strike (bend). Strike left arm upward—1; return—2; right, 3 and 4.
6. Hands on hips (place). Rise on toes—1; lower heels—2.
7. a. Arms to strike (bend). Strike left arm upward and rise on toes—1; return—2; right, 3 and 4.
b. Strike both arms upward and rise on toes—1; return—2; right, 3 and 4.
8. Arms to strike (bend) and left forward (stride). Strike arms upward and turn trunk left—1; return—2; right, 3 and 4.
9. Balancing:—With $\frac{1}{4}$ turn left, place hands on desks and left foot on seat (place). Slowly raise arms side-upward and trunk backward—bend! Hold four counts, then lower arms and straighten trunk. Change position of feet and repeat.
10. Breathing:—Slowly raise arms side-upward, lower head backward and inhale. Lower arms side-downward, raise head and exhale. Repeat.

Sixth Grade

LESSON I.

PREPARATORY EXERCISES BY COMMAND—OTHERS BY COUNTING.

Hands on hips—place! Head forward—lower! Lower arms and head—raise! Raise arms sideward and trunk forward—lower! Lower arms and trunk—raise!

1. Hands on hips (place). Lower head forward—1; raise head—2.

2. Raise arms forward—1; move arms sideward—2; move forward—3; lower arms—4.

3. Hands on hips (place). Bend knees—1; straighten knees—2.

4. Raise arms forward—1; move arms sideward and bend knees—2; move arms forward and straighten knees—3; lower arms—4.

5. Raise arms sideward and lower trunk forward—1; return—2.

6. Raise arms forward—1; raise arms upward—2; lower forward—3; lower arms—4.

7. Hands on shoulders (place). Rise on toes—1; lower heels—2.

8. Raise arms forward—1; raise arms upward and rise on toes—2; lower arms forward and lower heels—3; lower arms—4.

9. Raise arms upward and lower trunk forward—1; raise trunk and lower arms—2.

10. Breathing:—Place hands on hips and inhale. Lower arms and exhale. Repeat.

LESSON II.

PREPARATORY COMMANDS.

Raise arms sideward and trunk left (right)—bend! Lower arms and trunk—straighten! Raise arms side-upward and trunk right (left)—bend! Lower arms and trunk—straighten! Hands on hips—place! Left (right) foot sideward—raise! Backward—cross! Return—raise. Foot—replace! Arms—lower!

1. Arms in rear (fold). Lower head left—1; raise head—2; right, 3 and 4.

2. Raise arms sideward—1; move backward—2; move sideward—3; lower arms—4.

3. Hands on hips (place). Place left foot sideward—1; cross backward—2; return—3; replace foot—4. The same exercise, right.

4. Raise arms sideward and place left foot sideward—1; move arms backward and cross left foot backward—2; return to first position—3; lower arms and replace foot—4. The same exercise, right.

5. Raise arms sideward and bend trunk left—1; return—2; right, 3 and 4.

6. Raise arms sideward—1; raise upward—2; lower sideward—3; lower arms—4.

7. Hands on hips (place). Raise left foot sideward—1; cross backward—2; return—3; replace foot—4. The same exercise, right.

8. Raise arms and left foot sideward—1; raise arms upward and cross left foot backward—2; return—3; lower arms and replace foot—4. The same exercise, right.

9. Raise arms side-upward and bend trunk left—1; return—2; right, 3 and 4.

10. Breathing:—Rise on toes and slowly inhale. Lower heels and exhale, saying "Oh." Repeat.

LESSON III.

PREPARATORY COMMANDS.

Hands on shoulders—place! Head backward—bend; Head—raise! Arms—lower! Raise arms backward and trunk backward—bend! Lower arms and trunk—straighten! Raise arms fore-upward and trunk backward—bend! Lower arms and trunk—straighten!

1. Hands on shoulders (place). Lower head backward—1; raise head—2.

2. Raise arms backward—1; move arms forward—2; backward—3; lower arms—4.

3. Arms backward (fold). Place left foot backward—1; forward—2; backward—3; replace foot—4. The same exercise, right.

4. Raise arms backward and place left foot backward—1; move arms and foot forward—2; return—3; lower arms and replace foot—4. The same exercise, right.

5. Raise arms backward and bend trunk backward—1; return—2.

6. Raise arms backward—1; swing forward—2; return—3; lower arms—4.

7. Hands on hips (place). Raise left foot backward—1; place foot forward—2; return—3; replace foot—4. The same exercise, right.

8. Raise arms and left foot backward—1; swing arms fore-upward and place left foot forward—2; return—3; lower arms and replace foot—4. The same exercise, right.

9. Raise arms fore-upward and bend trunk backward—1; return—2.

10. Breathing:—Slowly raise arms sideward and inhale. Lower arms and exhale. Repeat.

LESSON IV.

PREPARATORY COMMANDS.

Arms sideward—raise! Head left (right)—turn! Head—return! Arms—lower! Raise arms side-upward and trunk left (right)—turn! Lower arms and trunk—return! Raise arms backward and trunk right (left)—turn! Lower arms and trunk—return!

1. Raise arms sideward and turn head left—1; return—2; right, 3 and 4.

2. Raise arms fore-upward—1; lower sideward—2; raise upward—3; lower arms—4.

3. Arms to strike (bend). Rise on toes—1; lower heels—2.

4. Raise arms fore-upward and rise on toes—1; lower arms sideward and lower heels—2; return—3; lower arms and heels—4.

5. Raise arms side-upward and turn trunk left—1; lower the arms and return trunk—2; right, 3 and 4.

6. Raise arms side-upward—1; lower backward—2; return—3; lower arms side-downward—4.

7. Hands on hips (place). Rise on toes—1; bend knees—2; return—3; lower heels—4.

8. Raise arms side upward and rise on toes—1; lower arms backward and bend knees—2; return—3; lower arms and heels—4.

9. Raise arms backward and turn trunk left—1; return—2; right, 3 and 4.

10. Breathing:—Rise on toes and inhale. Lower heels and exhale. Repeat.

LESSON V.

PREPARATORY COMMANDS.

Raise arms forward and head forward—lower! Lower arms and head—raise! Hands on hips—place! Left (right) foot forward—place! Left knee—raise! Foot forward—place! Foot—replace! To side-stride position—jump! To fundamental position—jump!

1. Raise arms forward and lower head forward—1; lower arms and raise head—2.

2. Hands on hips (place). Straighten arms forward—1; move sideward—2; move forward—3; place hands on hips—4.

3. Hands behind neck (place). Place left foot forward—1; sideward—2; forward—3; replace foot—4. The same exercise, right.

4. Hands on hips (place). Straighten arms forward and place left foot forward—1; move arms and foot sideward—2; return—3; hands on hips and replace foot—4. The same exercise, right.

5. Left (right) sideward (stride). Raise arms forward—1; move arms sideward and lower trunk forward—2; return—3; lower arms—4.

6. Hands on hips (place). Straighten arms forward—1; raise arms upward—2; lower forward—3; place hands on hips—4.

7. Hands behind neck (place). Place left foot forward—1; raise left knee—2; return—3; replace foot—4. The same exercise, right.

8. Hands on hips (place). Straighten arms forward and place left foot forward—1; raise arms and left knee upward—2; return—3; place hands on hips and replace foot—4. The same exercise, right.

9. Raise arms forward and jump to side-stride position—1; raise arms upward and lower trunk forward—2; return—3; position—4.

10. Breathing:—From arms forward in position, move arms sideward and inhale. Move forward and exhale. Repeat.

LESSON VI.

PREPARATORY COMMANDS.

Raise arms sideward and the head left—lower! Lower the arms and the head—raise! Raise the arms sideward and to the side-stride position—jump!



(Plate 18)

Raise arms sideward and lower head left.

1. Raise arms sideward and lower head left—1; lower arms and raise head—2; right, 3 and 4. (See plate 18.)

2. Hands on shoulders (place). Straighten arms sideward—1; move backward—2; return—3; place hands on shoulders—4.

3. Hands behind neck (place). Place left foot sideward—1; move backward—2; return—3; replace foot—4. The same exercise, right.

4. Hands on shoulders (place). Straighten arms sideward and place left foot sideward—1; move arms and foot backward—2; return—3; place hands on shoulders and replace foot—4. The same exercise, right.

5. Raise arms sideward and jump to side-stride position—1; move arms backward and bend trunk left—2; return—3; position—4. The same exercise, right.

6. Hands on shoulders (place). Straighten arms sideward—1; raise arms upward—2; lower sideward—3; hands on shoulders—4.

7. Hands backward (grasp). Place left foot sideward—1; cross backward—2; return—3; replace—4. The same exercise, right.

(Plate 19)
Raise arms upward and cross left foot backward.

8. Hands on shoulders (place). Straighten arms sideward and place left foot sideward—1; raise arms upward and cross left foot backward—2; return—3; replace hands and foot—4. The same exercise, right. (See plate 19.)

9. Raise arms sideward and jump to side-stride position—1; raise arms upward and bend trunk left—2; return—3; position—4. The same exercise, right.

10. Breathing:—Raise arms fore-upward and inhale. Lower side-downward and exhale. Repeat.

LESSON VII.

PREPARATORY COMMANDS.

Hands on hips—place! Left foot backward—place! Left knee upward—raise! Left foot backward—place! Foot—replace! Right foot backward—place! Left knee—bend! Knee—straighten! Right foot—replace!

1. Hands (clinch). Raise arms backward and bend head backward—1; lower arms and raise head—2.

2. Arms to thrust (bend). Thrust arms backward—1; swing forward—2; return—3; bend to thrust—4.

3. Hands on hips (place). Place left foot backward—1; raise left knee forward—2; return—3; replace foot—4. The same exercise, right.

4. Arms to thrust (bend). Thrust arms backward and place left foot backward—1; swing arms forward and raise left knee forward—2; return—3; bend arms to thrust and replace foot—4. The same, right.

5. Bend arms to thrust and stride left forward—1; thrust arms backward and bend trunk backward—2; return—3; position—4. The same exercise, right.

6. Arms to thrust (bend). Thrust arms backward—1; swing arms fore-upward—2; return—3; bend to thrust—4.

7. Hands on shoulders (place). Place left foot backward—1; bend right knee—2; straighten knee—3; replace foot—4. The same exercise, right.

8. Arms to thrust (bend). Thrust arms backward and place left foot backward—1; swing arms fore-upward and bend right knee—2; return—3; bend arms to thrust and replace foot—4. The same exercise, right.

9. Arms to thrust (bend). Thrust arms backward and stride left backward—1; swing arms fore-upward and bend trunk backward—2; return—3; bend arms to thrust and replace foot—4. The same exercise, right.

10. Breathing:—From arms raised to chest (finger-tips touching, elbows pointing sideward), fling arms sideward and inhale. Return and exhale. Repeat.

LESSON VIII.

PREPARATORY COMMANDS.

Bend arms to strike and head left (right)—turn! Lower arms and head—return! Bend arms to thrust and left (right) forward—stride! Lower arms and foot—replace! Hands on hips—place! Left (right) knee upward—raise! Left (right) foot sideward—place! Knee—raise! Foot—replace! Bend arms to thrust and left (right) sideward—lunge! Thrust arms backward and trunk left (right)—turn! Bend arms and trunk—return! Lower arms and foot—replace!



(Plate 20)

Raise arms to strike, and turn head left.



(Plate 21)

(From lunge position left sideward, arms bent to thrust); thrust arms backward, and turn trunk left.

1. Raise arms to strike and turn head left—1; lower arms and return head—2; right, 3 and 4. (See plate 20.)

2. Arms to thrust (bend). Thrust arms upward—1; lower arms sideward—2; raise upward—3; bend to thrust—4.

3. Arms in rear (fold). Raise left knee upward—1; place left foot sideward—2; return—3; replace foot—4. The same exercise, right.

4. Arms to thrust (bend). Thrust arms upward and raise left knee upward—1; lower arms sideward and place left foot sideward—2; return—3; bend arms to thrust and replace foot—4. The same exercise, right.

5. Bend arms to thrust and stride left forward—1; thrust arms upward and turn trunk left—2; return—3; lower arms and replace foot—4. The same exercise, right.

6. Arms to thrust (bend). Thrust arms upward—1; swing sideward backward—2; return—3; bend to thrust—4.

7. Hands behind neck (place). Raise left knee upward—1; place left foot backward—2; return—3; replace foot—4. The same exercise, right.

8. Arms to thrust (bend). Thrust arms upward and raise left knee upward—1; swing arms side-backward and place left foot backward—2; return—3; bend arms to thrust and replace foot—4. The same exercise, right.

9. Bend arms to thrust and lunge left sideward—1; thrust arms

backward and turn trunk left—2; return—3; lower arms and replace foot—4. The same exercise, right. (See plate 21.)

10. Breathing:—Hands on shoulders (elbows forward)—place! Move elbows sideward and inhale. Move forward and exhale. Repeat.

LESSON IX.

PREPARATORY COMMANDS.

Hands on hips—place! Head forward—lower! Head backward—bend! Head—raise! Knees—bend! Knees—straighten! Left (right) backward—stride! Foot—replace!

1. Hands in rear (grasp). Lower head forward—1; backward—2; return—3; raise head—4.

2. Clinch hands and swing arms forward—1; swing backward—2; swing forward—3; lower arms—4.

3. Hands on hips (place). Bend knees—1; straighten knees—2.

4. Clinch hands and swing arms forward and bend knees—1; swing arms backward and straighten knees—2; swing forward and bend knees—3; lower arms and straighten knees—4.

5. Clinch hands and swing arms forward, and lower trunk forward—1; swing arms backward and bend trunk backward—2; return—3; lower arms and raise trunk—4.

6. Clinch hands and swing arms fore-upward—1; swing downward backward—2; upward—3; lower arms—4.

7. Hands on hips (place). Rise on toes—1; lower heels—2.

8. Clinch hands, swing arms fore-upward and rise on toes—1; swing arms downward backward and lower heels—2; return—3; lower arms and heels—4.

9. Left (right) backward (stride). Swing arms fore-upward and bend trunk backward—1; lower trunk forward and swing arms downward backward—2; return—3; lower arms and raise trunk—4.

10. Breathing:—Raise arms sideward, rise on toes and inhale. Lower arms and heels and exhale. Repeat.

LESSON X.

PREPARATORY COMMANDS.

Hands on hips—place! Left (right) sideward—lunge! Positions of knees—change! Change! Foot—replace! Trunk left—band! Trunk right—turn! Re-turn! Trunk—straighten! Trunk right—bend! Trunk right—turn! Re-turn! Trunk straighten! Left (right) forward—lunge! Position of knees—change! Change! Foot—replace!

1. a. Hands on hips (place). Lower head left—1; raise head—2; right, 3 and 4.
b. Turn head left—1; return—2; right, 3 and 4.
2. Bend arms to strike—1; strike sideward—2; bend to strike—3; lower arms—4.
3. Arms in rear (fold). Lunge left sideward—1; change position of knees—2; return—3; replace foot—4. The same exercise, right.
4. Raise arms to strike and lunge left sideward—1; strike arms sideward and change position of knees—2; return—3; lower arms and replace foot—4. The same exercise, right.
5. Raise arms to strike and left sideward (stride). Bend trunk left—1; turn trunk right—2; return—3; straighten trunk—4. Right, 5 to 8.
6. Bend arms to strike—1; strike backward—2; bend to strike—3; lower arms—4.
7. Hands on hips (place). Lunge left forward—1; change position of knees—2; return—3; replace foot—4. The same exercise, right.
8. Bend arms to strike and lunge left forward—1; strike backward and change position of knees—2; return—3; lower arms and replace foot—4. The same exercise, right.
9. Left (right) forward (stride). Bend arms to strike and bend trunk left—1; strike arms sideward and turn trunk left—2; return—3; lower arms and straighten trunk—4. The same exercise, right.
10. Breathing:—Slowly raise arms sideward, lower head backward and inhale. Lower arms side-downward, raise head and exhale. Repeat.

Seventh Grade

LESSON I.

PREPARATORY EXERCISES BY COMMAND—OTHERS BY COUNTING.

Arms forward—raise! Hands on hips—place! Arms forward—straighten!
Arms—lower! Hands behind neck—place! Left foot forward—place!
Place foot backward and bend right knee—place! To first position—
return! Foot—replace! Arms—lower! The same right.



(Plate 22)

(Hands behind neck,
knees bent); straighten
knees and lower trunk
fore-downward.

1. Hands on hips (place). Lower head forward—1; raise head—2; lower head backward—3; raise head—4.

2. Raise arms forward—1; place hands on hips—2; straighten arms forward—3; lower arms—4.

3. Hands on hips (place). Place left foot forward—1; place left foot backward—2; place foot forward—3; replace foot—4. The same exercise, right.

4. Combine exercises 2 and 3.

5. Arms in rear (fold). Rise on toes—1; lower heels—2; lower trunk forward—3; raise trunk—4.

6. Raise arms fore-upward—1; place hands on hips—2; straighten arms upward—3; lower arms—4.

7. Hands behind neck (place). Place left foot forward—1; place left foot backward and bend right knee—2; return to first position—3; replace foot—4. The same exercise, right.

8. Combine exercises 6 and 7.

9. Hands behind neck (place). Bend knees—1; straighten knees—2; lower trunk fore-downward—3; straighten trunk—4.
(See plate 22.)

10. Bend arms to thrust and on place—run!
Breathing.

LESSON II.

PREPARATORY COMMANDS.

Arms sideward—raise! Hands on hips—place! Arms sideward—straighten!
Arms—lower! Hands behind neck—place! The left (right) foot side-
ward—place! Cross the foot backward and the right (left) knee—bend!
To first position—return! Foot—replace! Arms—lower!

1. Hands on hips (place). Lower head left—1; raise head—2; lower head right—3; raise head—4.

2. Raise arms sideward—1; place hands on hips—2; straighten arms sideward—3; lower arms—4.

3. Arms in rear (fold). Place left foot sideward—1; cross foot backward—2; place foot sideward—3; replace foot—4. The same exercise, right. Perform alternately left and right.

4. Combine exercises 2 and 3.

5. Hands on hips (place). Bend knees—1; straighten knees—2; bend trunk left—3; straighten trunk—4. The same exercise, right. Perform alternately left and right.

6. Raise arms side-upward—1; place hands on hips—2; straighten arms upward—3; lower arms side-downward—4.

7. Hands behind neck (place). Place left foot sideward—1; cross foot backward and bend right knee—2; return to first position—3; replace foot—4. The same exercise, right. Perform alternately left and right.

8. Combine exercises 6 and 7. (See plate 23.)

9. Hands behind neck (place). Rise on toes—1; lower heels—2; bend trunk left—3; straighten trunk—4. The same exercise, right. Perform alternately left and right.

10. Hands on hips (place). Jump to side-stride position—1; return—2.

Breathing.



(Plate 23)

Hands on hips, cross
left foot backward,
and bend right knee.

LESSON III.

PREPARATORY COMMANDS.

Arms backward—raise! Arms to thrust—bend! Arms backward—thrust!
Arms—lower! Arms in rear—fold; The left (right) foot backward—
place! Place foot forward and the right (left) knee—bend! To first
position—return! Foot—replace! Arms—lower!



(Plate 24)

Bend arms to thrust,
place left foot for-
ward, and bend right
knee.

1. Arms sideward (raise). Bend head backward—1; raise head—2; lower head forward—3; raise head—4.

2. Raise arms backward—1; bend arms to thrust—2; thrust arms backward—3; lower arms—4.

3. Hands on shoulders (place). Place left foot backward—1; place left foot forward—2; place backward—3; replace foot—4. The same exercise, right. Perform alternately left and right.

4. Combine exercises 2 and 3.

5. Hands behind neck (place). Rise on toes—1; lower heels—2; bend trunk backward—3; straighten trunk—4.

6. Raise arms fore-upward—1; bend arms to thrust—2; thrust arms upward—3; lower arms—4.

7. Arms in rear (fold). Place left foot backward—1; place left foot forward and bend right knee—2; return to first position—3; replace foot—4. The same exercise, right. Perform alternately left and right.

8. Combine exercises 6 and 7. (See plate 24.)

9. Arms in rear (fold). Bend knees—1; straighten knees—2; bend trunk backward—3; straighten trunk—4.

10. Hands on hips (place). Hop on left (right) foot, raising right (left) knee—begin!

Breathing.

LESSON IV.

PREPARATORY COMMANDS.

Arms (both) left (right) sideward—raise! Arms to thrust—bend! Arms left (right) sideward—thrust! Arms—lower! Hands on hips—place! The left (right) foot sideward—raise! Cross foot backward and the right (left) knee—bend! To first position—return! Foot—replace! Arms—lower!

1. Arms sideward (palms upward), (raise). Turn head left—1; return head—2; turn head right—3; return head—4.

2. Raise both arms left sideward—1; bend arms to thrust—2; thrust both arms left sideward—3; lower arms—4. The same

exercise, right. Perform alternately, left and right.

3. Hands on hips (place). Raise left foot sideward—1; cross left foot backward—2; raise sideward—3; replace foot—4. The same exercise, right. Perform alternately, left and right.

4. Combine exercises 2 and 3.

5. Arms to thrust (bend). Bend knees—1; straighten knees—2; turn trunk left—3; return trunk—4. The same exercise, right.

6. Raise both arms left side-upward—1; bend arms to thrust—2; thrust arms upward—3; lower arms left side-downward—4. The same exercise, right. Perform alternately, left and right.

7. Hands on hips (place). Raise left foot sideward—1; cross left foot backward and bend right knee—2; return to first position—3; replace foot—4. The same exercise, right. Perform alternately left and right.

8. Combine exercises 6 and 7.

9. Arms in rear (fold). Rise on toes—1; lower heels—2; turn trunk left—3; return trunk—4. The same exercise, right. Perform alternately left and right.

10. Arms in rear (fold). Hop on left (right) foot, raising right (left) heel backward—begin!

Breathing.

LESSON V.

PREPARATORY COMMANDS.

Arms forward—raise! Arms to strike—bend! Arms forward—strike!

Arms—lower! Hands on shoulders—place!. The left (right) knee sideward—raise! Knee sideward—straighten! To first position—return! Foot—replace! Arms—lower!

1. Raise arms forward and lower head forward—1; move arms sideward and lower head backward—2; return to first position—3; lower arms and raise head—4.

2. Raise arms forward—1; bend arms to strike—2; strike arms forward—3; lower arms—4.

3. Hands on hips (place). Raise left knee upward—1; straighten leg forward—2; bend knee—3; replace foot—4. The same exercise, right. Perform alternately left and right.

4. Combine exercises 2 and 3.

5. Stride left forward and raise arms forward—1; bend left knee, lower trunk forward and bend arms to strike—2; return to



(Plate 25)

Raise arms and left knee sideward.

first position—3; lower arms and replace foot—4. The same exercise, right. Perform alternately left and right.

6. Raise arms sideward—1; bend arms to strike—2; strike arms sideward—3; lower arms—4.

7. Hands on shoulders (place). Raise left knee sideward—1; straighten left knee sideward—2; bend knee—3; replace foot—4. The same exercise, right. Perform alternately left and right.

8. Combine exercises 6 and 7. (See plate 25.)

9. Lunge left forward and raise arms sideward—1; lower trunk forward and bend arms to strike—2; return to first position—3; lower arms and replace foot—4. The same exercise, right. Perform the foot exercise alternately left and right.

10. Hands behind neck (place). Hop on left (right) foot, raising right (left) leg forward—begin!

Breathing.

LESSON VI.

PREPARATORY COMMANDS.

Hands on hips—place! On shoulders—place! On hips—place! Arms—lower! Hands on hips—place! The left (right) foot sideward—place! Left (right) sideward—lunge! To first position—return! Foot—replace! Arms—lower!

1. Arms side-upward (raise). Lower arms sideward and bend head left—1; raise arms upward and raise head—2; lower arms sideward and bend head right—3; raise arms upward and raise head—4.

2. Place hands on hips—1; on shoulders—2; on hips—3; lower arms—4.

3. Hands on hips (place). Place left foot sideward—1; lunge left sideward—2; return to first position—3; replace foot—4. The same exercise, right. Perform alternately left and right.

4. Combine exercises 2 and 3.

5. Stride left sideward and place hands on hips—1; bend left knee, bend trunk left and place hands on shoulders—2; return to first position—3; lower arms and replace foot—4. The same exercise, right. Perform alternately left and right.

6. Place hands on hips—1; straighten arms sideward—2; return to hips—3; lower arms—4.

7. Arms in rear (fold). Raise left foot sideward—1; lunge left sideward—2; return to first position—3; replace foot—4. The

same exercise, right. Perform alternately left and right.

8. Combine exercises 6 and 7.

9. Lunge left sideward and place hands on hips—1; bend trunk left and straighten arms sideward—2; return to first position—3; lower arms and replace foot—4. The same exercise, right. Perform alternately left and right.

10. Hands on hips (place). Hop on left foot raising right leg forward; hop on right foot raising left leg backward—begin!

Breathing.

LESSON VII.

PREPARATORY COMMANDS.

Hands on hips—place! Arms backward—straighten! On hips—place! Arms—lower! Hands behind the neck—place! The left (right) foot backward—raise! Left (right) backward—lunge! To first position—return! Foot—replace! Arms—lower!



(Plate 26)

(Stride left backward and place hands on hips.)
Straighten arms backward, bend left knee.

1. Hands in rear (grasp). Bend arms (hands touch lower end of shoulder blades)—1; bend head backward—2; raise head—3; lower arms (hands remain grasped)—4.

2. Place hands on hips—1; straighten arms backward—2; place hands on hips—3; lower arms—4.

3. Hands on hips (place). Place left foot backward—1; lunge left backward—2; return to first position—3; replace foot—4. The same exercise, right. Perform alternately left and right.

4. Combine exercises 2 and 3.

5. Stride left backward and place hands on hips—1; straighten arms backward, bend left knee and bend trunk backward—2; return to first position—3; lower arms and replace foot—4. The same exercise, right. Perform foot exercise alternately left and right. (See plate 26.)

6. Place hands on hips—1; straighten arms upward—2; place hands on hips—3; lower arms—4.

7. Hands behind neck (place). Raise left foot backward—1; lunge left backward—2; return to first position—3; replace foot—4. The same exercise, right. Perform alternately left and right.

8. Combine exercises 6 and 7.

9. Lunge left backward and place hands on hips—1; bend trunk backward and straighten arms upward—2; return to first position—3; lower arms and replace foot—4. The same exercise, right. Perform the foot exercise alternately left and right.

10. Hands on hips (place). Jump to cross-stride left forward—1; right forward—2.

Breathing.

LESSON VIII.

PREPARATORY COMMANDS.

Arms to thrust—bend! Arms upward—thrust! To thrust—bend! Arms—lower! Hands behind neck—place! The left (right) foot backward—crosswise—raise! Left (right) sideward—lunge! To first position—return! Foot—replace! Arms—lower!

1. Arms upward (raise). Lower arms sideward (palms up) and turn head left—1; raise arms upward and return head—2; lower arms sideward and turn head right—3; raise arms upward and return head—4.

2. Bend arms to thrust—1; thrust arms upward—2; bend to thrust—3; lower arms—4.

3. Hands on hips (place). Cross left foot backward—1; lunge left sideward—2; return to first position—3; replace foot—4. The same exercise, right. Perform alternately left and right.

4. Combine exercises 2 and 3.

5. Bend arms to thrust and stride left sideward—1; turn trunk left and thrust arms upward—2; return to first position—3; lower arms and replace foot—4. The same exercise, right. Perform alternately left and right.

6. Bend arms to thrust—1; thrust arms backward—2; bend to thrust—3; lower arms—4.

7. Hands behind neck (place). Raise left foot backward crosswise—1; lunge left sideward—2; return to first position—3; replace foot—4. The same exercise, right. Perform alternately left and right.

8. Combine exercises 6 and 7.

9. Bend arms to thrust and lunge left sideward—1; turn trunk left and thrust arms backward—2; return to first position—3; lower

arms and replace foot—4. The same exercise, right. Perform alternately left and right.

10. Hands on hips (place). Bend knees deeply—begin!
Breathing.

LESSON IX.

PREPARATORY COMMANDS.

Arms in rear—fold! Head forward—lower! Head—raise! Arms to thrust—bend! Arms—lower! Hands on hips—place! Left (right) foot backward—crosswise—raise! Left (right) forward—lunge! Foot—replace! Arms—lower!

1. Fold arms in rear and head forward (lower). Circle head to the left—1; backward—2; to the right—3; forward—4. The same exercise, right. Perform alternately left and right.

2. Arms to thrust (bend). Thrust arms forward—1; move arms sideward—2; move forward—3; bend arms to thrust—4.

3. Hands on hips (place). Cross left foot backward—1; lunge left forward—2; return to first position—3; replace foot—4. The same exercise, right. Perform alternately left and right.

4. Combine exercises 2 and 3.

5. Bend arms to thrust and left (right) forward (lunge). Thrust arms forward and lower trunk forward—1; move arms sideward and bend trunk backward—2; return to first position—3; bend arms to thrust and raise trunk—4.

6. Arms to thrust (bend). Thrust arms forward—1; move arms upward—2; lower arms forward—3; bend arms to thrust—4.

7. Hands on hips (place). Cross left foot forward—1; lunge left backward—2; return to first position—3; replace foot—4. The same exercise, right. Perform alternately left and right.

8. Combine exercises 6 and 7.

9. Bend arms to thrust and left backward (lunge). Thrust arms forward and lower trunk forward—1; move arms upward and bend trunk backward—2; return to first position—3; bend arms to thrust and raise trunk—4. The same exercise, right. Perform the foot exercise alternately left and right.

10. Hands on shoulders (place). Straighten left arm sideward and place left foot sideward—1; hop and change position of arms and feet—2.

Breathing.

LESSON X.

PREPARATORY COMMANDS.

Arms to strike—bend! Arms sideward—strike! Arms backward—move!
 Arms to strike—bend! Arms—lower! Hands on shoulders—place! Left
 (right) backward—lunge! To first position—return! Foot—replace!
 Arms—lower!

1. Arms in rear (fold). Bend head left—1; turn head right—2; return head—3; raise head—4. The same exercise, right. Perform alternately left and right.

2. Arms to strike (bend). Strike arms sideward—1; move arms backward—2; return to first position—3; bend arms to strike—4.

3. Hands behind neck (place). Lunge left sideward—1; change position of knees—2; return to first position—3; replace foot—4. The same exercise, right. Perform alternately left and right.

4. Combine exercises 2 and 3.

5. Bend arms to strike and left sideward (lunge). Strike arms sideward and bend trunk left—1; move arms backward and turn trunk left—2; return to first position—3; bend arms to strike and straighten trunk—4. The same exercise, right. Perform alternately left and right.

6. Arms to strike (bend). Strike arms sideward—1; move arms upward—2; return to first position—3; bend arms to strike—4.

7. Hands on shoulders (place). Lunge left backward—1; change position of knees—2; return to first position—3; replace foot—4. Perform alternately left and right.

8. Combine exercises 6 and 7.

9. Arms to strike (bend). Strike arms sideward and bend trunk left—1; move arms upward and turn trunk right—2; return to first position—3; bend arms to strike and straighten trunk—4. The same exercise, right. Perform alternately left and right.

10. Hands on shoulders (place). Straighten left arm upward and place left foot forward—1; change position of hands and feet—2.

Breathing.

Eighth Grade

LESSON I.

PREPARATORY EXERCISES BY COMMAND—OTHERS BY COUNTING.

Hands on hips—place! Left (right) foot forward—place! Move the left (right) foot sideward and the right (left) knee—bend! Straighten the right (left) knee and the left (right) foot forward—move! Foot—replace! Straighten the arms upward and the trunk backward—bend! Straighten the trunk and the arms—lower!

1. a. Hands on hips (place). Lower head forward—1; lower head backward—2.
b. Bend head left—1; bend head right—2.
2. Raise arms forward—1; move sideward—2; move forward—3; lower arms—4.
3. Arms in rear (fold). Place left foot forward—1; move left foot sideward and bend right knee—2; return to first position—3; replace foot—4. The same exercise, right.
4. Combine arm and leg movements of exercises 2 and 3.
5. Raise arms forward and rise on toes—1; move arms sideward, lower heels and lower trunk forward—2; return to first position—3; lower arms and heels—4.
6. Raise arms forward—1; raise upward—2; lower forward—3; lower arms—4.
7. Hands on hips (place). Place left foot forward—1; place left foot backward and bend right knee—2; return to first position—3; replace foot—4. The same exercise, right.
8. Combine arm and leg movements of exercises 6 and 7.
9. Raise arms forward and bend knees—1; straighten arms upward, straighten the knees and bend trunk backward—2; return to first position—3; lower arms and straighten knees—4.
10. Bend arms to thrust and on place—run!
Breathing.

LESSON II.

PREPARATORY COMMANDS.

Hands on hips—place! The knees—bend! Straighten the knees and the left (right) foot forward—place! Replace the left (right) foot and the knees—bend! Knees—straighten! On toes—rise! Lower heels and the right (left) foot sideward—place! Replace the foot and on toes—rise! Heels and arms—lower! Arms to thrust—bend! Thrust arms sideward and trunk left (right)—bend! Straighten trunk and arms—lower!

1. a. Hands on shoulders (place). Turn head to the left—1; turn head to the right—2.
b. Lower head forward—1; bend head backward—2.
2. Bend arms to thrust—1; thrust arms forward—2; bend to thrust—3; lower arms—4.
3. Hands on hips (place). Bend the knees—1; straighten knees and place left foot forward—2; return to first position—3; straighten knees—4. The same exercise, right.
4. Combine arm and leg movements of exercises 2 and 3.
5. Bend arms to thrust and raise left foot forward—1; replace foot, thrust arms forward and lower trunk forward—2; return to first position—3; lower arms and replace foot—4. The same exercise, right.
6. Bend arms to thrust—1; thrust arms sideward—2; bend arms to thrust—3; lower arms—4.
7. Hands on hips (place). Rise on toes—1; lower heels and place left foot sideward—2; return to first position—3; lower heels—4. The same exercise, right.
8. Combine arm and leg movements of exercises 6 and 7.
9. Bend arms to thrust and raise left foot sideward—1; thrust arms sideward, replace foot and bend trunk left—2; return to first position—3; lower arms and replace foot—4. The same exercise, right.
10. Hands on hips (place). Jump to side-stride position—1; return—2.

Breathing.

LESSON III.

PREPARATORY COMMANDS.

Hands behind the neck—place! Left (right) foot forward—place! Left (right) forward—lunge! To first position—return! Foot—replace! Left (right) foot forward—place! One quarter to the right (left) (on the heels)—turn! Re-turn! Foot—replace!

1. The head left (lower). Circle the head—1, 2, 3, 4. The same exercise, beginning right.

2. Raise arms forward—1; swing down and backward—2; return to first position—3; lower arms—4.

3. Hands on hips (place). Place left foot forward—1; lunge left forward—2; return to first position—3; replace foot—4. The same exercise, right.

4. Combine arm and leg movements of exercises 2 and 3.

5. Raise arms forward and place left foot forward—1; one-quarter turn right (on heels), swing arms down and backward, and lower trunk forward—2; return to first position—3; lower arms and replace foot—4. The same exercise, right.

6. Raise arms forward—1; raise upward—2; lower forward—3; lower arms—4.

7. Arms in rear (fold). Place left foot backward—1; lunge left backward—2; return to first position—3; replace foot—4. The same exercise, right.

8. Combine arm and leg movements of exercises 6 and 7.

9. Raise arms forward and place left foot forward—1; one-half turn right (on heels), swing arms down and backward and bend trunk backward—2; return to first position—3; lower arms and replace foot—4. The same exercise, right.

10. Hands on hips (place). Hop on left (right) foot, raising right (left) knee—begin!

Breathing.

LESSON IV.

PREPARATORY COMMANDS.

Arms in rear—fold! Left (right) forward—lunge! Position of knees—change! Change! Foot—replace! Right (left) sideward—lunge! Position of knees—change! Foot—replace!



(Plate 27)
Turn head left
and lower forward.

1. Hands on hips (place). Turn head left—1; lower head forward—2; raise—3; return—4. The same exercise, right. (See plate 27.)

2. Place hands on shoulders—1; straighten arms forward—2; return—3; lower arms—4.

3. Arms in rear (fold). Lunge left forward—1; change position of knees—2; change—3; replace foot—4. The same exercise, right.

4. Combine arm and leg movements of exercises 2 and 3.

5. Place hands on shoulders and lunge forward—1; straighten arms forward, change position of knees, and lower trunk forward—2; return to first position—3; lower arms and replace foot—4. The same exercise, right.

6. Place hands on shoulders—1; straighten arms sideward—2; return—3; lower arms—4.

7. Hands on hips (place). Lunge left sideward—1; change position of knees—2; change—3; replace foot—4. The same exercise, right.

8. Combine arm and leg movements of exercises 6 and 7.

9. Place hands on shoulders and lunge left sideward—1; straighten arms sideward, change position of knees and turn trunk left—2; return to first position—3; lower arms and replace foot—4. The same exercise, right.

10. Arms in rear (fold). Hop on left (right) foot, raising right (left) heel backward—begin!

Breathing.

LESSON V.

PREPARATORY COMMANDS.

Arms to thrust—bend! Arms diagonally left (right) arm obliquely fore-upward, right (left arm) backward—thrust! Return—bend! Left (right) foot forward—place! Right (left) leg backward—raise! To first position—return! Foot—replace! Arms—lower!



(Plate 28)

Step left forward, and raise arms diagonally, (left arm obliquely fore-upward).

1. Hands on shoulders (place). Lower head forward—1; raise head—2; bend head backward—3; raise head—4.

2. Bend the arms to thrust—1; thrust arms diagonally (left arm obliquely fore-upward, right arm backward)—2; return—3; lower arms—4. The same exercise, vice versa.

3. Hands on hips (place). Step left forward—1; raise right leg backward (balance)—2; return—3; replace foot—4. The same exercise, right.

4. Combine arm and leg movements of exercises 2 and 3. (See plate 28.)

5. Step left forward and raise arms diagonally (left arm obliquely fore-upward)—1; bend the trunk forward, touching toe of left foot with left hand—2; return—3; lower arms and replace foot—4. The same exercise, right.

6. Bend arms to thrust—1; thrust arms diagonally (left arm obliquely side-upward, right arm obliquely side-downward)—2; return—3; lower arms—4. The same exercise, vice versa.

7. Hands on hips (place). Step left sideward—1; raise right leg sideward (balance)—2; return—3; replace foot—4. The same exercise, but vice versa.

8. Combine arm and leg movements of exercises 6 and 7.

9. Step left sideward and raise arms diagonally (left arm obliquely side-upward)—1; bend trunk left, touching toe of left foot with left hand—2; return—3; lower arms and replace foot—4. The same exercise, right.

10. Hands behind neck (place). Hop on left (right) foot, raising right (left) leg forward—begin!

Breathing.

LESSON VI.

PREPARATORY COMMANDS.

Hands to chest (knuckles up, finger-tips touch, elbows point sideward, shoulder high)—raise! Arms sideward—straighten! Fold arms in rear and trunk forward—lower! Lower arms and trunk—raise!

1. Arms in rear (fold). Turn head left—1; return—2; turn head right—3; return—4.

2. Raise hands to chest—1; straighten arms forward—2; return—3; lower arms—4.

3. Hands on hips (place). Place left foot forward—1; rise on toes—2; lower heels—3; replace foot—4. The same exercise, right.

4. Combine arm and leg movements of exercises 2 and 3.

5. Raise hands to chest and left foot forward—1; fold arms in rear and lower trunk forward—2; return—3; lower arms and replace foot—4. The same exercise, right.

6. Raise hands to chest—1; straighten arms sideward—2; return—3; lower arms—4.

7. Hands on hips (place). Stride left sideward—1; bend left knee—2; straighten knee—3; replace foot—4. The same exercise, right.

8. Combine arm and leg movements of exercises 6 and 7.

9. Raise hands to chest and stride left forward—1; fold arms in rear and bend trunk backward—2; return—3; lower arms and replace foot—4. The same exercise, right.

10. Hands on hips (place). Hop on left foot, raising right leg forward; hop on right foot, raising left leg backward—begin!

Breathing.

LESSON VII.

PREPARATORY COMMANDS.

Arms sideward—raise! Upward to cross in front of chest—swing! Return—swing! Arms—lower! Hands on hip—place! Left (right) forward—lunge! Cross left (right) foot in rear and the right (left) knee—bend! Return—lunge! Lower arms and foot—replace! Arms left sideward—raise! Upward to the right—swing! Upward to the left—swing! Arms—lower!



(Plate 29)

(From arms raised sideward, and lunge position left forward); swing arms upward to cross in front of chest; cross left foot in rear, bending right knee, and bend trunk left.

1. Raise arms sideward and head forward (lower). Circle the head beginning left—1, 2, 3, 4. The same exercise, right.

2. Raise arms sideward—1; swing upward to cross in front of chest—2; return—3; lower arms—4.

3. Hands on shoulders (place). Lunge left forward—1; cross left foot in rear and bend right knee—2; return—3; replace foot—4. The same exercise, vice versa.

4. Combine arm and leg movements of exercises 2 and 3.

5. Raise arms sideward and lunge left forward—1; swing arms upward to cross in front of chest; cross left foot in rear bending right knee and bend trunk left—2; return—3; lower arms and replace foot—4. The same exercise, right. (See plate 29.)

6. Raise both arms left sideward—1; swing upward to the right—2; return—3; lower arms—4.

7. Hands on hips (place). Lunge left sideward—1; cross left foot in rear, bending right knee—2; return—3; replace foot—4. The same exercise, vice versa.

8. Combine arm and leg movements of exercises 6 and 7.

9. Raise both arms left sideward and lunge left sideward—1; swing arms upward to the right, cross left foot in rear, turn left and lower trunk forward—2; return—3; lower arms and replace foot—4. The same exercise, right.

10. Hands on hips (place). Jump to cross-stride left forward—1; right forward—2.

Breathing.

LESSON VIII.

PREPARATORY COMMANDS.

Clinch hands and arms sideward—raise! The right (left) arm downward and forward with $\frac{1}{4}$ turn left (right) (on the heel)—swing! To first position—return. Hands on hips—place! Left (right) foot backward—place! One-quarter left (right) (on heels)—turn! Re-turn! Foot—replace! Trunk backward—bend! Trunk—straighten! Arms—lower!

1. Hands behind neck (place). Lower head forward—1; backward—2.

2. Clinch hands and raise arms sideward—1; swing right arm downward to position, arms forward, with $\frac{1}{4}$ turn left on heel—2; return—3; lower arms—4. The same exercise, right.

3. Hands on hips (place). Step left backward—1; $\frac{1}{4}$ turn left on heels—2; return—3; replace foot—4. The same exercise, right.

4. Combine arm, leg, and turning movements of exercises 2 and 3.

5. Clinch hands, raise arms sideward and step left backward—1; $\frac{1}{4}$ turn left on heels, swing arms down and backward and lower trunk forward—2; return—3; lower arms and replace foot—4. The same exercise, right.

6. Clinch hands and raise the arms sideward—1; $\frac{1}{2}$ turn left on heels and swing the arms downward and upward (cross in front of body alternate arms in front)—2; return—3; lower arms—4. The same exercise, right.

7. Hands in rear (grasp). Step left backward—1; $\frac{1}{2}$ turn left on heels—2; return—3; replace foot—4. The same exercise, right.

8. Combine arm, leg and turning movements of exercises 6 and 7.

9. Clinch hands, raise arms sideward and step left backward—1; $\frac{1}{2}$ turn left on heels, swing arms downward and upward (cross front of body) and bend trunk backward—2; return—3; lower arms and replace foot—4. The same exercise, right.

10. Hands on hips (place). Bend knees deeply—begin!
Breathing.

LESSON IX.

PREPARATORY COMMANDS.

Clinch hands and arms backward—swing! Forward to place hands on shoulders (elbows point sideward)—swing! Backward—swing! Arms—lower! Hands on hips—place! Left (right) forward—lunge! Position of knees—change! Change! Foot—replace! Arms—lower!

1. Hands in rear (grasp). Turn head left and lower forward—1; return—2; right, 3 and 4.

2. Clinch hands and swing arms backward—1; swing arms forward and place hands on shoulders—2; return—3; lower arms—4.

3. Hands on hips (place). Lunge left forward—1; change position of knees—2; change—3; replace foot—4. The same exercise, right.

4. Combine arm and leg movements of exercises 2 and 3.
5. Clinch hands, swing arms backward and lunge left forward—1; swing arms forward and place hands on shoulders, change position of knees and lower trunk forward—2; return—3; lower arms and replace foot—4. The same exercise, right.
6. Raise arms sideward—1; fold arms in rear—2; return—3; lower arms—4.
7. Hands on shoulders (place). Lunge left sideward—1; change position of knees—2; change—3; replace foot—4. The same exercise, right.
8. Combine arm and leg movements of exercises 6 and 7.
9. Raise arms sideward and lunge left sideward—1; fold arms in rear, change position of knees and bend trunk right—2; return—3; lower arms and replace foot—4. The same exercise, right.
10. Hands on shoulders (place). Straighten left arm sideward and place left foot sideward—1; hop and change position of arms and feet—2.

Breathing.

LESSON X.

PREPARATORY COMMANDS.

Clinch hands and the left arm to guard the head, right arm backward—raise! Position of arms—change! Change! Arms—lower! Arms in rear—fold! Left (right) forward—lunge! Turn one-half right (left) (on heels) and position of knees—change! To first position—return! Lower arms and foot—replace!



(Plate 30)

Clinch hands, raise right arm to guard head, left arm backward and lunge right forward.

1. Arms in rear (fold). Turn head left—1; bend head backward—2; raise—3; return—4. The same exercise, right.
2. Clinch hands and raise left arm to guard the head, right arm backward—1; change position of arms—2; change—3; lower arms—4. The same exercise, vice versa.
3. Hands on hips (place). Lunge left forward—1; $1\frac{1}{2}$ turn right (on heels) and change position of knees—2; return—3; replace foot—4. The same exercise, vice versa.
4. Combine arm, leg and turning movements of exercises 2 and 3.

5. Clinch hands, raise left arm to guard the head, right arm backward and lunge left forward—1; $\frac{1}{2}$ turn right, change position of knees, move arms sideward and bend trunk backward—2; return—3; lower arms and face forward—4. The same exercise, right. (See plate 30.)

6. Clinch hands, raise left arm to guard the head, right arm backward with $\frac{1}{4}$ turn left (on heel)—1; $\frac{1}{2}$ turn right and change position of arms—2; return—3; lower arms and face forward—4. The same exercise, vice versa.

7. Hands on hips (place). $\frac{1}{4}$ turn left and lunge left forward—1; $\frac{1}{2}$ turn right (on heels) and change position of knees—2; return—3; replace foot and face forward—4. The same exercise, vice versa.

8. Combine arm, leg, and turning movements of exercises 6 and 7.

9. Clinch hands, raise left arm to guard the head, right arm backward and with $\frac{1}{4}$ turn left lunge forward—1; $\frac{1}{2}$ turn right (on heels), change position of knees, place hands on shoulders and lower trunk forward—2; return—3; lower arms and replace foot—4. The same exercise, vice versa.

10. Hands on shoulders (place). Straighten the left arm upward and place left foot forward—1; change position of hands and feet—2.

Breathing.

HAND APPARATUS

Gymnastics with hand apparatus, wherein the hands are weighted with some easily manipulated portable objects, such as wands, dumb bells, clubs, reeds, jumping ropes, etc., tend to heighten muscular activity and may be classified as

1. Exercises of endurance, depending upon the frequency in repetition of a single exercise;

2. Exercises of strength, depending upon the weight of the apparatus used;

3. Exercises of skill, depending upon the manner in which the apparatus is used—*i. e.*, winding of the wands, or hand-circles in club-swinging;

4. Exercises promoting grace and ease of movement, of which the club and reed exercises are typical.

We have introduced into our manuals, chiefly, exercises promoting grace, skill, and endurance, as such exercises are best suited to the bodily development of our growing boys and girls. Control and co-ordinative ability, as well as some muscular strength, are essential for a successful and satisfactory manipulation of all hand apparatus. We therefore restrict this work almost entirely to the upper grades.



A
Resting Position
with Clubs.



B
Resting Position
with Wand.



C
Fundamental
Position carry
Wand.



D
Resting Position
with Wand.



E
Resting Position
with Wand.

Wand Exercises

The wand is one of the most desirable kinds of hand apparatus known in physical training. The results derived from exercising with wands are so beneficial, and the space they occupy of so little moment, that no school should be without them; besides, they are easily moved from one room into another in a rack large enough to hold seventy wands. The wands, turned of hard wood, are somewhat shorter than those ordinarily used in the gymnasium on account of the limited space between the desks. In selecting the exercises, the limited space between the desks and pupils has been taken into consideration, the striking of desks being thus avoided. With a little practice the pupils will soon attain the required skill, and objectionable noise or touching of classmates will cease entirely.

The movements are to be executed in *horizontal* directions. An excellent exercise to straighten the body and develop the chest is to raise the wand over head across shoulder-blades. This exercise may be practiced oftener than indicated.

In distributing wands different methods may be employed. The most practical ones are:

1. The pupils march up and down the aisles through the school room. The rack with wands is placed near the first aisle. As the pupils pass it, each one takes a wand to a "carry" at the right side, lower end of wand resting on forefinger, supported by thumb and middle finger.

2. The monitor of each file (row) takes as many wands as there are pupils in his file and distributes them. Each pupil takes the wand in the right hand, a little above the middle, one end on floor. At the command "Arise to fundamental position"—"Stand!" all stand in the middle of aisles, wand at right side, lower end near toes of right foot on floor.

EXPLANATION OF POSITIONS.

Fundamental Position.

Wand at right side of body on floor, lower end near toes of right foot. To be held like a penholder by thumb, fore and middle finger (knuckles outward).

Resting Position.

1. To move from fundamental to resting position, place right foot backward (weight of body rests on right foot) and slide right hand to upper end of wand and place left hand over right.

2. From the "carry position" take resting position by placing the right foot forward (weight of body rests on left foot) and bringing the upper end of wand over the left arm, which is bent to a right angle in front of body. Right hand remains at lower end of wand.

Carry Position.

Wand is at right shoulder. Lower end rests on right forefinger supported by thumb and middle finger.

COMMANDS.

Carry Wand!

REMARK:—From fundamental position: At 1 raise wand with the right hand almost to the height of shoulder, and at the same time grasp the wand with left hand somewhat above the right hip; at 2 lower right hand to end of wand (left hand holds wand) and grasp (wand rests on forefinger supported by thumb and middle finger); and at 3 lower left hand to side.

Lower Wand!

REMARK:—Reverse the movements for carry position.

Carry Wand!

Lower Wand to starting position!

REMARK:—From carry position: At 1 raise left arm and grasp wand above the right shoulder (knuckles backward); at 2 lower wand forward to horizontal position in front of body, arms straight.

Another starting position is to bring the wand to a horizontal position with bent arms, *height of shoulders*.

From the fundamental position (wand at right side of body, lower end on floor) the wand can be raised to the starting position.

Command: *Wand forward to starting position*—Draw!

REMARK:—At 1 grasp with the left hand the upper end of wand (knuckles backward); at 2 draw wand through right hand to horizontal position in front of body.

SALUTES.

The salute is a greeting exercise. On special occasions, or in presence of visitors, before beginning the exerciess, the salute may be executed.

A few different salutes are indicated.

I. Salute.

Present—wand!

REMARK:—(Wand in carry-position right) at 1 raise left arm and grasp wand somewhat below the right shoulder (knuckles forward); at 2 move wand forward vertically (arms slightly bent); at 3 return wand to right side; and at 4 lower left hand.

II. Salute.

Salute with bending trunk!

REMARK:—(Wand in carry-position right) at 1 raise left arm and grasp wand somewhat below right shoulder; at 2 lower trunk forward; at 3 raise trunk, and at 4 lower left arm. (With lowering of trunk the right foot may be placed backward or crossed backward.)

III. Salute.

Lower wand and salute!

REMARK:—At 1 raise left hand and grasp wand as in salutes 1 and 2; at 2 lower wand to left side; at 3 salute with the right hand (by raising the hand as high as forehead—knuckles upward); at 4 lower right hand; at 5 raise wand to carry-position right; and at 6 lower left arm.

(This last salute may also be practiced in eight counts: At 1 and 2 as before; at 3 raise right arm sideward; at 4 raise hand to salute; at 5 arm sideward again; at 6 arm down; at 7 carry-position right; at 8 lower left arm. But we generally practice this salute in 6 counts and lower wand forward to starting position at 7 and 8.)

STARTING POSITION.

Wand in front of body, arms straight down (knuckles forward), hands a few inches from each end.

WINDING EXERCISES.

All winding exercises must be executed with the reverse-hold. From the common hold (knuckles up) change to reverse-hold (palms up). From this position, wand in front of body, raise wand forward, draw left hand toward the chest (wand slides through the right hand) twist hand downward, and move wand into the given direction. In rewinding, the movement is reversed.

Fifth Grade

WAND EXERCISES.

LESSON I.

Horizontal Movements.

PREPARATORY EXERCISES BY COMMAND—OTHERS BY COUNTING.

Monitors distribute wands. Class—stand! Carry wand—1, 2, 3! Lower wand—1, 2, 3! In place—rest! Position—stand! Carry wand—1, 2, 3! Wand forward to starting position—lower! 1, 2. Arms (wand across chest)—bend! Arms—lower! Arms forward—raise! Arms—lower!

1. Bend the arms upward (wand across chest)—1; lower the arms—2.

2. Like 1. with rising on toes.

3. Like 1, with placing the left and right foot forward alternately.

4. Like 1, with lowering head forward. (See plate 31.)

5. Raise the arms forward—1; lower the arms—2.

6. Like 5, with bending of knees.

7. Like 5, with raising the left and right foot forward alternately.

8. Bend the arms and lower the trunk forward—1; lower the arms and raise the trunk—2. (See plate 32.)



(Plate 31)
Bend arms up-
ward, lowering
head forward.



(Plate 32)
Bend arms, lower trunk
forward.

LESSON II.

Horizontal Movements.

PREPARATORY COMMANDS.

Take wand from rack while marching. (See Drill I.) Wand forward to starting position—lower! 1, 2.

1. Raise arms upward—1; lower arms—2.
2. Like 1, with rising on toes.
3. Like 1, with placing the left and right foot backward alternately. (See plate 33.)
4. Like 1, with bending the head backward.
5. Raise the wand across shoulder-blades—1; lower the arms—2.
6. Like 5, with bending the knees. (See plate 34.)
7. Like 5, with raising the left and right foot backward alternately.
8. Like 5, with bending the trunk backward. (See plate 35.)



(Plate 33)

Raise arms upward, placing left and right foot backward alternately.



(Plate 34)

Raise wand across shoulder-blades, bending knees.



(Plate 35)

Raise wand across shoulder - blades, bending trunk backward.

LESSON III.

Horizontal Movements.

PREPARATORY COMMANDS.

Monitors distribute wands. Class—stand! Carry wand—1, 2, 3! Lower the wand forward—1, 2! Carry wand—left! 1, 2. Wand forward—lower! 1, 2. Arms sideward to the left (right hand at left shoulder)—raise! Arms—lower! Arms sideward left (right hand behind the neck)—raise! Arms—lower!



(Plate 36)

Raise arms sideward left, right hand behind the neck, raising left foot sideward.

1. Raise arms sideward left (right hand at left shoulder)—1; lower the arms—2; right, 3 and 4.

2. Like 1, with rising on toes.

3. Like 1, with placing the left and right foot sideward alternately.

4. Like 1, with bending the head left and right alternately.

5. Raise the arms sideward left (right hand behind the neck)—1; lower the arms—2; right, 3 and 4.

6. Like 5, with bending the knees.

7. Like 5, with raising left and right foot sideward alternately. (See

plate 36.)

8. Like 5, with bending the trunk left and right alternately.

LESSON IV.

Horizontal Movements.

PREPARATORY COMMANDS.

Take wand from rack while marching. (See Drill II.) Lower wand forward! 1, 2. The arms forward to right (turn) angles—raise! Arms—lower! Repeat vice versa. The left arm forward (right hand at left shoulder)—raise! Arms—lower! Repeat vice versa.

NOTE:—In raising the arms to right angles (twirling wand), the left forearm rests on the right forearm, or vice versa.

1. Raise the arms forward to right angles, left arm over right—1; lower the arms—2; right, 3 and 4.

2. Like 1, with rising on toes.

3. Like 1, with crossing the left and right foot forward alternately. (See plate 37.)

4. Like 1, with turning the head left and right alternately.

5. Raise left arm forward, right hand at left shoulder—1; lower the arm—2; right, 3 and 4.

6. Like 5, with bending the knees.

7. Like 5, with raising the left and right foot forward cross-wise alternately.

8. Like 5, with turning the trunk left and right alternately. (See plate 38.)



(Plate 37)

Raise arms forward to right angles, (twirl wands), left over right, with crossing left and right foot forward alternately.



(Plate 38)

Raise left arm forward, right hand at left shoulder, turning trunk left.

LESSON V.

Vertical Movements.

PREPARATORY COMMANDS.

Monitors distribute wands. Class—stand! Carry wands! 1, 2, 3. Lower wand forward and carry wand left! 1, 2, 3, 4. Lower wand! 1, 2, 3. Carry wand! 1, 2, 3. Lower wand forward! 1, 2. The wand vertically forward (left hand above)—raise! Arms—lower! Repeat vice versa. The right hand to left shoulder (left arm remains in position)—raise! Arms—lower! Repeat vice versa.

1. Raise the wand vertically forward (left hand above)—1; lower the arms—2; right, 3 and 4.

2. Like 1, with rising on toes.

3. Like 1, with lunging forward left and right alternately.
4. Like 1, with lowering the head forward. (See plate 39.)
5. Raise the right hand to the left shoulder—1; lower the arm—2; opposite, 3 and 4.
6. Like 5, with bending the knees.
7. Like 5, with lunging forward left and right alternately. (See plate 40.)
8. Like 5, with lowering the trunk forward.



(Plate 39)

Raise wand vertically forward, with lowering head forward.



(Plate 40)

Raise right hand to left shoulder, and lunge left forward.

LESSON VI.

Vertical Movements.

PREPARATORY COMMANDS.

Take wand from rack while marching. (See Drill III.) Wand forward—lower! 1, 2. The right hand to the left shoulder, and the left arm upward—raise! Arms—lower! Repeat vice versa. The right hand to the right hip and the left arm upward—raise! Arms—lower Repeat vice versa.

1. Raise the right hand to the left shoulder and the left arm upward—1; lower arms—2; opposite—3 and 4.
2. Like 1, with rising on toes. (See plate 41.)
3. Like 1, with lunging forward left and right alternately.
4. Like 1, with bending the head backward.
5. Raise the right hand to the right hip and the left arm upward—1; lower the arms—2; opposite—3 and 4.
6. Like 5, with bending the knees.

7. Like 5, with lunging backward alternately. (See plate 42.)
8. Like 5, with bending the trunk backward.



(Plate 41)
Raise right hand
to left shoulder,
left arm upward,
with rising on
toes.



(Plate 42)
Raise right hand
to right hip, left
arm upward,
lunging left
backward.

LESSON VII.

Oblique Movements.

PREPARATORY COMMANDS.

Monitors distribute wands. Class—stand! Wand forward—lower! 1, 2. The left arm forward and the right arm upward—raise! Arms—lower! Repeat vice versa. The left arm obliquely fore-upward and the right hand to the left shoulder—raise! Arms—lower! Repeat vice versa.



(Plate 43)
Raise left arm
forward, right
arm upward, and
lower the head
left.

1. Raise the left arm forward and the right arm upward—1; lower the arms—2; opposite—3 and 4.
2. Like 1, with rising on toes.
3. Like 1, with lunging forward left and right alternately.
4. Like 1, with lowering the head left and right alternately. (See plate 43.)
5. Raise the left arm obliquely fore-upward and the right hand to the left shoulder—1; lower the arms—2; opposite, 3 and 4.
6. Like 5, with bending the knees.
7. Like 5, with lunging forward left and right alternately.
8. Like 5, with bending the trunk right and left alternately.

LESSON VIII.

Oblique Movements.

PREPARATORY COMMANDS.

Take wands from rack while marching. (See Drill IV.) Wand forward—lower! The left arm sideward and the right arm upward—raise! Arms—lower! Repeat vice versa. The left arm obliquely side-upward and the right hand to the left shoulder—raise! Arms—lower! Repeat vice versa.



(Plate 44)

Raise left arm sideward, right arm upward, with lunging left sideward.

1. Raise the left arm sideward and the right arm upward—1; lower the arms—2; opposite, 3 and 4.

2. Like 1, with rising on toes.

3. Like 1, with lunging sideward left and right alternately. (See plate 44.)

4. Like 1, with turning of head left and right alternately.

5. Raise the left arm obliquely side-upward, and the right hand to the left shoulder—1; lower the arms—2; opposite, 3 and 4.

6. Like 5, with bending the knees.

7. Like 5, with lunging sideward left and right alternately.

8. Like 5, with turning the trunk left and right alternately.

LESSON IX.

Horizontal Movements.

PREPARATORY COMMANDS.

Monitors distribute wands. Class—stand! Carry wand! 1, 2, 3. Lower wand forward and carry right! 1, 2, 3, 4. Lower wand to left side! 1, 2. Carry wand and lower forward! 1, 2. Arms—bend! Forward—straighten! Bend! Arms—lower! Arms—bend! Arms upward—straighten! Arms—bend! Arms—lower!

Bend the arms—1; straighten arms forward—2; bend arms—3; lower arms—4.



(Plate 45)
Bend arms and
raise left knee.

2. Like 1, with rising on toes and bending the knees.

3. Like 1, with raising the knee and placing foot forward, bending the knee and replacing the foot. Left and right alternately. (See plate 45.)

4. Bend the arms—1; lower the head forward—2; raise the head—3; lower arms—4.

5. Like 1, but straighten arms upward.

6. Like 5, with rising on toes and bending of knees.

7. Like 5, with raising the knee and placing foot backward.

8. Like 4, but lower trunk forward.

LESSON X.

Horizontal Movements.

PREPARATORY COMMANDS.

Take wands from rack while marching. (See Drill V.) Wand forward—lower! Arms forward—raise! Arms to right angles, left over right (twirl wand)—bend! Arms forward—straighten! Arms—lower! Repeat vice versa. Arms forward—raise! Sideward left—move! Forward—move! Arms—lower! Repeat vice versa.



(Plate 46)
Raise wand across
shoulder-blades,
and bend head
backward.

1. Raise arms forward—1; bend arms to right angles, left arm over right—2; straighten arms forward—3; lower arms—4; opposite, 5 to 8.

2. Like 1, with rising on toes and bending the knees.

3. Like 1, with placing left foot forward at 1; lunging forward at 2; returning, 3 and 4.

4. Raise wand across shoulder-blades—1; bend head backward—2; raise the head—3; lower the wand—4. (See plate 46.)

5. Like 1, but move the arms sideward at 2. Left and right alternately.

6. Like 5, with rising on toes and bending the knees.

7. Like 5, with placing the foot forward and lunging forward.

8. Like 4, with bending the trunk backward.

Sixth Grade

WAND EXERCISES.

LESSON I.

Horizontal Winding Movements—Reverse Hold.

PREPARATORY EXERCISES BY COMMAND—OTHERS BY COUNTING.

Bend arms, wind with left hand and arms—lower! Unwind and arms—lower! Repeat, winding right. Wind with left hand and arms forward—raise! Unwind and arms—lower! The same, right.



(Plate 47)

Raise the arms forward and lower the trunk forward.

1. Bend the arms (wand across chest) and rise on toes—1; lower arms and heels—2.

2. Wind left—1; unwind—2; right, 3 and 4.

3. Like 2, with placing the left and right foot forward alternately.

4. Bend the arms (wand across chest) and lower the head forward—1; lower the arms and raise the head—2.

5. Raise the arms forward and bend the knees—1; lower the arms and straighten the knees—2.

6. Wind left and raise the arms forward—1; unwind and lower the arms—2; right, 3 and 4.

7. Like 6, with raising the left and right foot forward alternately.

8. Raise the arms forward and lower the trunk forward—1; lower arms and raise the trunk—2. (See plate 47.)

LESSON II.

Horizontal Movements—Reverse Hold.

PREPARATORY COMMANDS.

Wind left and arms upward—raise! Unwind and the arms—lower! Repeat winding right. Wind left and wand across shoulder-blades—raise! Unwind and the arms—lower! The same exercise, right.

1. Raise arms upward and rise on toes—1; lower arms and heels—2.

2. Wind left and raise arms upward—1; unwind and lower arms—2; right, 3 and 4.

3. Like 2, with placing the left and right foot backward alternately.

4. Raise the arms upward and lower the head backward—1; lower the arms and raise the head—2.

5. Raise wand across shoulder-blades and bend the knees—1; lower the wands and straighten the knees—2.

6. Wind left, raise wand across shoulder-blades and bend the knees—1; unwind, lower arms and straighten knees—2; right, 3 and 4.

7. Like 6, but with raising the left and right foot backward alternately.

8. Raise the arms upward and bend the trunk backward—1; lower the arms and straighten the trunk—2.

LESSON III.

Horizontal Movements—Reverse Hold.

PREPARATORY COMMANDS.

Wind left and arms sideward left—raise! Unwind and arms—lower! Repeat, winding right. Wind left and arms sideward left, right hand behind the neck—raise! Unwind and arms—lower! The same exercise, right.

1. Raise arms sideward left and rise on toes—1; lower arms and heels—2; right, 3 and 4.

2. Wind left, raise arms sideward left and rise on toes—1; unwind, lower arms and heels—2; right, 3 and 4.

3. Like 2, with placing the left and right foot sideward alternately.

4. Like 2, with lowering the head sideward left and right alternately.

5. Raise the arms sideward left, right hand behind the neck—1; lower the arms—2; right, 3 and 4.

6. Wind left, raise the arms sideward left, right hand behind the neck, and bend the knees—1; unwind, lower the arms and straighten the knees—2; right, 3 and 4.

7. Like 6, with raising the left and right foot sideward alternately.

8. Like 5, with bending the trunk sideward left and right alternately.

LESSON IV.

Horizontal Movements—Reverse Hold.

PREPARATORY COMMANDS.

Wind left, raise the left arm forward and the right hand to the left shoulder—raise! Unwind and arms—lower! The same exercise, right.

Wind left, raise the left arm backward and the right hand to the left shoulder—raise! Unwind and arms—lower! The same exercise, right.

1. Wind left, raise the left arm forward and the right hand to the left shoulder—1; unwind and lower the arms—2; right, 3 and 4.

2. Like 1, but rising on toes.

3. Like 1, with crossing the left and right foot forward alternately.

4. Bend the arms (wand across chest), and turn the head left—1; lower the arms and return the head—2; right, 3 and 4.

5. Wind left, raise the left arm backward (height of shoulder), and the right hand to the left shoulder—1; unwind and lower the arms—2; right, 3 and 4.

6. Like 5, with bending the knees.

7. Like 5, with raising the left and right foot forward crosswise alternately.

8. Bend the arms (wand across chest) and turn the trunk left—1; lower the arms and return the trunk—2; right, 3 and 4.

LESSON V.

Vertical Movements—Reverse Hold.

PREPARATORY COMMANDS.

Wind left and wand vertically forward (right arm above)—raise! Unwind and arms—lower! The same exercise, right. Wind left, raise the left arm upward and the right hand to the left shoulder—raise! Unwind and arms—lower! The same exercise, right.

1. Wind left and raise wand vertically forward (right arm above)—1; unwind and lower arms—2; right, 3 and 4.

2. Like 1, with rising on toes.

3. Like 1, with placing the left (right) foot forward and bending the stationary knee.

4. Bend the arms (wand across chest) and lower the head forward—1; lower the arms and raise the head—2.

5. Wind left, raise the left arm upward and the right hand to the left shoulder—1; unwind and lower the arms—2; right, 3 and 4.



(Plate 48)

Wind left, raise left arm upward, right hand to left shoulder, raising left foot forward, bending stationary knee.

6. Like 5, with bending the knees.
7. Like 5, with raising the alternate foot forward and bending the stationary knee. (See plate 48.)
8. Raise the arms upward and lower the trunk forward—1; lower the wand and raise the trunk—2.

LESSON VI.

Vertical Movements—Reverse Hold.

PREPARATORY COMMANDS.

Wind left, lower the left arm and the right hand to the left shoulder—raise! Unwind and the arms—lower! The same movement, right. Wind left, raise the left hand to the left hip and the right arm upward—raise! Unwind and arms—lower! The same movement, right.

1. Wind left, lower the left arm and raise the right hand to the left shoulder—1; unwind and lower the arms—2; right, 3 and 4.
2. Like 1, with rising on toes.
3. Like 1, with placing the alternate (left) (right) foot backward and bending the stationary knee.
4. Raise the arms upward and bend the head backward—1; lower the arms and raise the head—2.
5. Wind left, raise the left hand to the left hip and the right arm upward—1; unwind and lower the arms—2; right, 3 and 4.
6. Like 5, with bending the knees.
7. Like 5, with raising the alternate (left) (right) foot backwards and bending the stationary knee.
8. Raise wand across shoulder-blades and bend the trunk backward—1; lower the arms and straighten the trunk—2.

LESSON VII.

Oblique Movements—Reverse Hold.

PREPARATORY COMMANDS.

Wind left, the left arm forward and the right arm upward—raise! Unwind and arms—lower! The same, right. Wind left, the left arm obliquely fore-upward and the right hand to the left shoulder—raise! Unwind and the arms—lower!

1. Wind left, raise the left arm forward and the right arm upward—1; unwind and lower the arms—2; right, 3 and 4.
2. Like 1, with rising on the toes.
3. Like 1, with crossing the left and right foot backward alternately.

4. Bend the arms (wand across chest), and bend the head left—1; lower the arms and raise the head—2; right, 3 and 4.

5. Wind left, raise the left arm obliquely fore-upward, and the right hand to the left shoulder—1; unwind and lower the arms—2; right, 3 and 4.

6. Like 5, with bending the knees.

7. Like 5, with crossing the alternate (left) (right) foot backward and bending the stationary knee.

8. Raise the wand across shoulder-blades and bend the trunk left—1; lower the arms and straighten the trunk—2; right, 3 and 4.

LESSON VIII.

Oblique Movements—Reverse Hold.

PREPARATORY COMMANDS.

Wind left, the left arm sideward and the right arm upward—raise! Unwind and arms—lower! The same, right. Wind left, the left arm obliquely side-upward, and the right hand to the left shoulder—raise! Unwind and arms—lower! The same, right.



(Plate 50)

Wind left, raise left arm obliquely side-upward, right hand to left shoulder; place left foot sideward, and bend right knee.

1. Wind left, raise the left arm sideward and the right arm upward—1; unwind and lower arms—2; right, 3 and 4.

2. Like 1, with rising on toes.

3. Like 1, with placing the left and right foot sideward alternately.

4. Raise the wand across shoulder-blades and turn the head left—1; lower the arms and return the head—2; right, 3 and 4.

5. Wind left, raise the left arm obliquely side-upward, and the right hand to the left shoulder—1; unwind and lower the arms—2; right, 3 and 4.

6. Like 5, with bending the knees.

7. Like 5, with placing the alternate (left) (right) foot sideward and bending the stationary knee. (See plate 50.)

8. Raise the wand across shoulder-blades and turn the trunk left—1; lower the arms and return the trunk—2; right, 3 and 4.

LESSON IX.

Horizontal Movements—Reverse Hold.

PREPARATORY COMMANDS.

Arms upward (wand across chest)—bend! Wind left and arms forward—straighten! Unwind and arms—bend! Arms—lower! The same, right. Arms upward—bend! Wind left and arms upward—straighten! Unwind and arms—bend! Arms—lower!

1. Bend the arms upward (wand across chest)—1; wind left and straighten the arms forward—2; unwind and bend the arms—3; lower arms—4; right, 5 to 8.

2. Like 1, with rising on toes at 1; bending the knees at 2; straightening the knees at 3; and lowering the heels at 4.

3. Like 1, with striding left (right) forward at 1; rising on toes at 2; lowering the heels at 3; and replacing the foot at 4.

4. Bend the arms upward—1; turn the trunk left and lower head forward—2; raise the head and return the trunk—3; lower the arms—4; right, 5 to 8.

5. Bend the arms upward—1; wind left and straighten the arms upward—2; unwind and bend the arms—3; lower the arms—4; right, 5 to 8.

6. Like 5, with rising on toes at 1; bending the knees at 2; straightening the knees at 3; and lowering the heels at 4.

7. Like 5, with striding left (right) forward at 1; bending the left (right) knee at 2; straightening left (right) knee at 3; and replacing the foot at 4.

8. Bend the arms upward—1; turn trunk left and lower trunk forward—2; raise and return trunk—3; lower the arms—4.

LESSON X.

Horizontal Movements—Reverse Hold.

PREPARATORY COMMANDS.

Arms forward—raise! Wind left and the arms left sideward—move! Unwind and the arms forward—move! Arms—lower! The same, right. Arms forward—raise! Wind left and the arms left sideward, right hand behind the neck—move! Unwind and the arms forward—move! Arms—lower! The same, right.



(Plate 51)

Raise the arms upward, turn left, and bend trunk backward.

1. Raise the arms forward—1; wind left and move the arms left sideward—2; unwind and move the arms forward—3; lower the arms—4; right, 5 to 8.

2. Like 1, with rising on toes at 1; bending the knees at 2; straightening the knees at 3; and lowering the heels at 4.

3. Like 1, with striding left (right) sideward at 1; rising on toes at 2; lowering the heels at 3; and replacing the foot at 4.

4. Raise the arms upward—1; turn the trunk left and bend the head backward—2; raise the head and return the trunk—3; lower the arms—4; right, 5 to 8.

5. Raise the arms forward—1; wind left and move the arms left sideward, right hand behind the neck—2; move the arms forward—3; lower the arms—4; right, 5 to 8.

6. Like 5, with rising on toes at 1; bending the knees at 2; straightening the knees at 3; and lowering the heels at 4.

7. Like 5, with striding left (right) sideward at 1; bending the left (right) knee at 2; straightening the knee at 3; and replacing the foot at 4.

8. Raise the arms upward—1; turn trunk left and bend the trunk backward—2; straighten and return the trunk—3; lower the arms—4; right, 5 to 8. (See plate 51.)

Seventh Grade

WAND EXERCISES.

LESSON I.

Horizontal Movements.

PREPARATORY EXERCISES BY COMMAND—OTHERS BY COUNTING.

Take wand from rack while marching. (Drill I.) Lower wand! 1, 2, 3. Carry wand! 1, 2, 3. Lower wand forward! 1, 2. Arms upward (elbows point downward)—bend! Arms forward—straighten! Arms—bend! Arms—lower! Arms upward—bend! Upward—straighten! Arms—bend! Arms—lower!

1. Bend arms upward (wand across chest)—1; straighten arms forward—2; bend arms—3; lower arms—4.

2. Bend arms upward—1; straighten arms forward and rise on toes—2; bend arms and lower heels—3; lower arms—4.

3. Bend arms upward and place the left foot forward—1; straighten arms forward and place the left foot backward—2; return to first position—3; lower arms and replace the foot—4. The same exercise, right.

4. Bend arms upward—1; straighten arms forward and lower head forward—2; raise the head and bend arms—3; lower arms—4.

5. Bend arms upward—1; straighten arms upward—2; bend arms—3; lower arms—4.

6. Bend arms upward—1; straighten arms upward and bend the knees—2; straighten knees and bend arms—3; lower arms—4.

7. Bend arms upward and place the left foot forward—1; straighten arms upward and place left foot backward, bending right knee—2; return to first position—3; lower arms and replace the foot—4. The same exercise, right.

8. Bend arms upward—1; straighten arms upward and lower the trunk forward—2; return to first position—3; lower arms—4.

LESSON II.

Horizontal Movements.

PREPARATORY COMMANDS.

Take wand from rack while marching. (Drill II.) Arms upward—bend! Wand across shoulder-blades—place! To former position—return! Arms—lower! Arms upward—bend! Arms left sideward (right hand at left shoulder)—move! To bent position—return! Arms—lower!



(Plate 52)

(From bent-arm position); move arms left sideward, and cross left foot backward, bending knees.

1. Bend arms upward—1; place wand across shoulder-blades—2; return to first position—3; lower arms—4.

2. Bend arms upward and stride left forward—1; place wand across shoulder-blades and rise on toes—2; return to first position—3; lower arms and replace foot—4. The same exercise, right.

3. Bend arms upward and place the left foot forward—1; place wand across shoulder-blades and cross the left foot backward—2; return to first position—3; lower arms and replace

foot—4. The same exercise, right.

4. Bend arms upward—1; place wand across shoulder-blades and bend head backward—2; return to first position—3; lower arms—4.

5. Bend arms upward—1; move arms left sideward—2; return—3; lower arms—4. The same exercise, right.

6. Bend arms upward and stride left forward—1; move arms left sideward and bend left knee—2; return to first position—3; lower arms and replace foot—4. The same exercise, right.

7. Bend arms upward and place the left foot forward—1; move arms left sideward and cross left foot backward, bending knees—2; return to first position—3; lower arms and replace foot—4. The same exercise, right. (See plate 52.)

8. Bend arms upward—1; move arms left (right) sideward and bend trunk backward—2; return to first position—3; lower arms—4.

LESSON III.

Vertical Movements.

PREPARATORY COMMANDS.

Take wand from rack while marching. (Drill III.) Wand vertically forward (left arm above)—raise! Left arm upward, right hand to right hip—raise! To first position—return! Arms—lower! Right hand to left shoulder—raise! Left arm upward—raise! To first position—return! Arm—lower!

1. Raise wand vertically forward (left arm above)—1; raise the left arms upward and the right hand to the right hip—2; return to the first position—3; lower arms—4. The same exercise vice versa.

2. Raise wand vertically forward (left arm above)—1; raise the left arm upward, the right hand to the right hip, and rise on toes—2; return to first position—3; lower arms—4. The same exercise vice versa.

3. Raise wand vertically forward and place the left foot forward—1; raise the left arm upward, right hand to right hip and place the left foot side-ward—2; return to first position—3; lower arms and replace the foot—4. The same exercise vice versa.

4. Raise wand vertically forward—1; raise the left arm upward, the right hand to the right hip and bend the head right—2; return to first position—3; lower arms—4. The same exercise vice versa.

5. Raise the right hand to the left shoulder—1; raise the left arm side-upward—2; return to first position—3; lower arms—4. The same exercise vice versa.

6. Raise the right hand to the left shoulder—1; raise the left arm side-upward and bend the knees—2; lower left arm to first position and straighten—3; lower right arm—4. The same exercise vice versa.

7. Raise the right hand to the left shoulder, and place the left foot forward—1; raise the left arm side-upward and place the left foot sideward, bending the right knee—2; return to first position—3; lower arms and replace foot—4. The same exercise vice versa.



(Plate 53)
Raise right hand to left shoulder, raise left arm side-upward, and bend trunk right.

8. Raise the right hand to the left shoulder—1; raise the left arm side-upward and bend trunk right—2; return to first position—3; lower arm—4. The same exercise vice versa. (See plate 53.)

LESSON IV.

Horizontal and Oblique Movements.

PREPARATORY COMMANDS.

Take wand from rack while marching. (Drill IV.) Arms forward—raise!

Left arm upward—raise! To first position—return! Arms—lower!

The same, right. Arms forward—raise! The left arm obliquely fore-upward and the right hand to the left shoulder—raise! To first position—return! Arms—lower! The same, right.

1. Raise arms forward—1; raise left arm upward—2; return to first position—3; lower arms—4. The same exercise, right.

2. Raise arms forward and stride left forward—1; raise the left arm upward, and rise on toes—2; return to first position—3; lower arms and replace the foot—4. The same exercise, right.

3. Raise the arms forward and place the left foot forward—1; raise the left arm upward and place the left foot backward—2; return to first position—3; lower arms and replace foot—4. The same exercise, right.

4. Raise the arms forward—1; raise the left arm upward and turn head right—2; return to first position—3; lower arms—4. The same exercise vice versa.

5. Raise the arms forward—1; raise the left arm obliquely fore-upward and the right hand to the left shoulder—2; return to first position—3; lower arms—4. The same exercise vice versa.

6. Raise the arms forward and stride left forward—1; raise the left arm obliquely fore-upward, the right hand to the left shoulder, and bend the left knee—2; return to first position—3; lower arms and replace the foot—4. The same exercise vice versa.

7. Raise arms forward and place left foot forward—1; raise left arm obliquely fore-upward, right hand to left shoulder and place left foot backward, bending right knee—2; return to first position—3; lower arms and replace foot—4. The same exercise vice versa.

8. Raise arms forward—1; raise left arm obliquely fore-upward, right hand to left shoulder and turn trunk right—2; return to first position—3; lower arms—4. The same exercise vice versa.

LESSON V.

Vertical and Oblique Movements.

PREPARATORY COMMANDS.

Take wand from rack while marching. (Drill V.) Right hand to left shoulder—raise! Left arm sideward, right arm upward—raise! To first position—return! Arm—lower! The same vice versa. Right hand to left shoulder—raise! Left arm obliquely side-upward—raise! To first position—return! Arm—lower! The same vice versa.



(Plate 54)

Raise right hand to left shoulder, and stride left sideward.

1. Raise the right hand to the left shoulder—1; raise the left arm sideward and the right arm upward—2; return to first position—3; lower arm—4. The same exercise vice versa.

2. Raise the right hand to the left shoulder and stride left sideward—1; raise the left arm sideward, the right arm upward and rise on toes—2; return to first position—3; lower arm and replace foot—4. The same exercise vice versa. (See plate 54.)

3. Raise the right hand to the left shoulder and place the left foot sideward—1; raise the left arm sideward, the right arm upward and cross the left foot backward—2; return to first position—3; lower arm and replace foot—4. The same exercise vice versa.

4. Raise the right hand to the left shoulder and lower head forward—1; raise the left arm sideward, the right arm upward and raise the head—2; return to first position—3; lower arm and raise the head—4. The same exercise vice versa.

5. Raise right hand to left shoulder—1; raise left arm obliquely side-upward—2; return to first position—3; lower arm—4. The same exercise vice versa.

6. Raise right hand to left shoulder and stride left sideward—1; raise left arm obliquely side-upward and bend left knee—2; return to first position—3; lower arm and replace foot—4. The same exercise vice versa.

7. Raise right hand to left shoulder and place the left foot sideward—1; raise the left arm obliquely side-upward and cross the left foot backward, bending knees—2; return to first position—3; lower arm and replace foot—4. The same exercise vice versa.

8. Raise right hand to left shoulder and lower trunk forward—1; raise left arm obliquely side-upward and raise the trunk—2; return to first position—3; lower arm—4. The same arm exercise vice versa.

LESSON VI.

Horizontal Movements. (Winding.)

PREPARATORY COMMANDS.

Take wand from rack while marching. Reverse—hold! Arms upward (wand across chest)—bend! Wind left arms forward—straighten! Unwind and arms—bend! Arms—lower! The same, right. Arms—bend! Wind left (right) and arms upward—straighten! Unwind and arms—bend! Arms—lower!



(Plate 55)

(Bend arms upward; wind left, straighten arms upward, and lunge forward left.

1. Bend arms upward—1; wind left and straighten arms forward—2; unwind and bend arms—3; lower arms—4. The same exercise, right.

2. Bend arms upward—1; wind left, straighten arms forward and rise on toes—2; bend arms and lower heels—3; lower arms—4. The same exercise, right.

3. Bend arms upward—1; wind left, straighten arms forward and lunge left forward—2; return to first position—3; lower arms—4. The same exercise, right.

4. Bend arms upward—1; wind left, straighten arms forward and lower head forward—2; return to first position—3; lower arms—4. The same exercise, right.

5. Bend arms upward—1; wind left and straighten upward—2; unwind and bend arms—3; lower arms—4. The same exercise, right.

6. Bend arms upward—1; wind left, straighten upward and bend the knees—2; return to first position—3; lower arms—4. The same exercise, right.

7. Bend arms upward—1; wind left, straighten arms upward and lunge left forward—2; return to first position—3; lower arms—4. The same exercise, right. (See plate 55.)

8. Bend arms upward—1; wind left, raise arms upward and lower trunk forward—2; return to first position—3; lower arms—4. The same exercise, right.

LESSON VII.

Horizontal Movements. (Winding.)

PREPARATORY COMMANDS.

Take wand from rack while marching. Reverse—hold! Arms upward—bend! Wind left, place the right hand on the left shoulder and the left arm forward—straighten! Unwind and arms—bend! Arms—lower! Arms—bend! Wind left and the arms left sideward—move! Unwind and arms—bend! Arms—lower! The same, right.

1. Bend arms upward—1; wind left, straighten left arm forward and place right hand on left shoulder—2; return to first position—3; lower arms—4. The same exercise vice versa.

2. Bend arms upward—1; wind left, straighten left arm forward, place right hand on left shoulder and rise on toes—2; return to first position—3; lower arms—4. The same exercise vice versa.

3. Bend arms upward—1; wind left, straighten left arm forward, place right hand on left shoulder and lunge left backward—2; return to first position—3; lower arms—4. The same exercise vice versa.

4. Bend arms upward—1; wind left, straighten left arm forward, place right hand on left shoulder and lower head forward—2; return to first position—3; lower arms—4. The same exercise vice versa.

5. Bend arms upward—1; wind left and move arms left sideward—2; return to first position—3; lower arms—4. The same exercise, right.

6. Bend arms upward—1; wind left, move arms left sideward and bend knees—2; return to first position—3; lower arms—4. The same exercise, right.

7. Bend arms upward—1; wind left, move arms left sideward and lunge left backward—2; return to first position—3; lower arms—4. The same exercise, right.

8. Bend arms upward—1; wind left, move arms left sideward and bend trunk backward—2; return to first position—3; lower arms—4. The same exercise, right.

LESSON VIII.

Vertical Movements. (Winding.)

PREPARATORY COMMANDS.

Take wand from rack while marching. (Drill III.) Reverse—hold! Wand vertically forward (left arm above)—raise! Wind left, lower left arm and right hand to left shoulder—raise! To first position—return! Arms—lower! The same vice versa. Wand vertically forward (left arm above)—raise! Wind left, place left hand on left hip and right arm upward—raise! To first position—return! Arms—lower! The same vice versa.

1. Raise wand vertically forward (left arm above)—1; wind left, lower left arm and raise right hand to left shoulder—2; return to first position—3; lower arms—4. The same exercise vice versa.

2. Raise wand vertically forward—1; wind left, lower left arm, raise right hand to left shoulder and rise on toes—2; return to first position—3; lower arms—4. The same exercise vice versa.

3. Raise wand vertically forward—1; wind left, lower left arm, raise right hand to left shoulder and lunge left sideward—2; return to first position—3; lower arms—4. The same exercise vice versa.

4. Raise wand vertically forward—1; wind left, lower left arm, raise right hand to left shoulder and bend head left—2; return to first position—3; lower arms—4. The same exercise vice versa.

5. Raise wand vertically forward—1; wind left, place left hand on left hip and raise right arm upward—2; return to first position—3; lower arms—4. The same exercise vice versa.

6. Raise wand vertically forward—1; wind left, place left hand on left hip, raise right arm upward and bend knees—2; return to first position—3; lower arms—4. The same exercise vice versa.

7. Raise wand vertically forward—1; wind left, place left hand on left hip, raise right arm upward and lunge left sideward—2; return to first position—3; lower arms—4. The same exercise vice versa.

8. Raise wand vertically forward—1; wind left, place left hand on left hip, raise right arm upward, and bend trunk left—2; return to first position—3; lower arms—4. The same exercise vice versa.

LESSON IX.

Horizontal and Oblique Movements. (Winding.)

PREPARATORY COMMANDS.

Take wand from rack while marching. (Drill IV.) Reverse—hold! Arms forward—raise! Wind left and the right arm upward—raise! Unwind and right arm forward—lower! Arms—lower! The same vice versa. Arms forward—raise! Wind left, the left arm obliquely fore-upward and right hand to left shoulder—raise! To first position—return! Arms—lower! The same vice versa.

1. Raise arms forward—1; wind left and raise the right arm upward—2; return to first position—3; lower arms—4. The same exercise vice versa.

2. Raise arms forward and stride left forward—1; wind left, raise right arm upward and rise on toes—2; return to first position—3; lower arms and replace foot—4. The same exercise vice versa.

3. Raise arms forward and place left foot forward—1; wind left, raise right arm upward and lunge left forward—2; return to first position—3; lower arms and replace foot—4. The same exercise vice versa.

4. Bend arms upward (wand across chest), and turn head left—1; lower head forward—2; raise head—3; return head and lower arms—4. The same exercise, right.

5. Raise arms forward—1; wind left, raise the left arm obliquely fore-upward and the right hand to left shoulder—2; return to first position—3; lower arms—4. The same exercise vice versa.

6. Raise arms forward and stride left forward—1; wind left, raise left arm obliquely fore-upward, the right hand to left shoulder and bend left knee—2; return to first position—3; lower arms and replace foot—4. The same exercise vice versa.

7. Raise arms forward and place left foot forward—1; wind left, raise left arm obliquely fore-upward, right hand to left shoulder and lunge left forward—2; return to first position—3; lower arms and replace foot—4. The same exercise vice versa.

8. Bend arms upward (wand across chest), and turn trunk left—1; lower trunk forward—2; raise trunk—3; return trunk and lower arms—4. The same exercise, right.

LESSON X.

Vertical and Oblique Movements. (Winding.)

PREPARATORY COMMANDS.

Take wand from rack while marching. (Drill V.) Reverse—hold! Right hand to left shoulder—raise! Wind left, left arm sideward and right arm upward—raise! To first position—return! Arms—lower! The same vice versa. Right hand to left shoulder—raise! Wind left and left arm obliquely side-upward—raise! To first position—return! Arms—lower! The same vice versa.



(Plate 56)

Raise wand across shoulder-blades; turn head left and lower backward.

1. Raise right hand to left shoulder—1; wind left, raise the left arm sideward and the right arm upward—2; return to first position—3; lower arm—4. The same exercise vice versa.

2. Raise right hand to left shoulder and stride left sideward—1; wind left, raise the left arm sideward, right arm upward and rise on toes—2; return to first position—3; lower arm and replace foot—4. The same exercise vice versa.

3. Raise right hand to left shoulder and place the left foot sideward—1; wind left, raise the left arm sideward, right arm upward and lunge left sideward—2; return to first position—3; lower arm and foot—4. The same exercise vice versa.

4. Raise wand across shoulder blades and turn head left—1; bend head backward—2; raise head—3; return head and lower arms—4. The same exercise vice versa. (See plate 56.)

5. Raise right hand to left shoulder—1; wind left and raise left arm obliquely side-upward—2; return to first position—3; lower arms—4. The same exercise vice versa.

6. Raise right hand to left shoulder and stride left sideward—1; wind left, raise left arm obliquely side-upward and bend left knee—2; return to first position—3; lower arm and replace foot—4. The same exercise vice versa.

7. Raise right hand to left shoulder and place left foot sideward—1; wind left, raise left arm obliquely side-upward and lunge left sideward—2; return to first position—3; lower arm and replace foot—4. The same exercise vice versa.

8. Raise wand across shoulder-blades and turn trunk left—1; bend trunk backward—2; straighten trunk—3; return trunk and lower arms—4. The same exercise, right.

Eighth Grade

WAND EXERCISES.

LESSON I.

Horizontal Movements.

PREPARATORY EXERCISES BY COMMAND—OTHERS BY COUNTING.

Take wand from rack while marching. (Drill I.) Arms upward (wand across chest)—bend! Arms forward—straighten! Arms—lower! Arms upward—bend! Upward—straighten! Arms—lower!

1. Bend arms upward (wand across chest)—1; straighten arms forward and rise on toes—2; bend arms—3; lower arms and heels—4.

2. Bend arms upward—1; straighten arms forward and place left (right) foot forward—2; bend arms—3; lower arms and replace foot—4.

3. Bend arms upward—1; straighten arms forward and lunge left (right) forward—2; bend arms—3; lower arms and replace foot—4.

4. Bend arms upward—1; straighten arms forward and lower head forward—2; return to first position—3; lower the arms—4.

5. Bend arms upward—1; straighten arms upward and rise on toes—2; bend arms—3; lower arms and heels—4.

6. Bend arms upward—1; straighten arms upward and raise left (right) foot forward—2; bend arms—3; lower arms and replace foot—4.

7. Bend arms upward—1; straighten arms upward and lunge left (right) forward—2; bend arms—3; lower arms and replace foot—4.

8. Bend arms upward—1; straighten arms upward and lower trunk forward—2; return to first position—3; lower arms—4.

LESSON II.

Horizontal Movements.

PREPARATORY COMMANDS.

Take wand from rack while marching. (Drill II.) Arms forward—raise! Arms to right angles left over right (twirl wand)—bend! Arms lower! The same vice versa. Arms forward—raise! Wand across shoulder-blades—place! Wand—lower!

1. Raise arms forward—1; bend arms to right angles (left over

right) and bend knees—2; move arms forward—3; lower arms and straighten knees—4. The same vice versa.

2. Raise arms forward—1; bend arms to right angles and place left (right) foot backward—2; move arms forward—3; lower arms and replace foot—4.

3. Raise arms forward—1; bend arms to right angles and lunge left (right) backward—2; move arms forward—3; lower arms and replace foot—4.

4. Raise arms forward—1; bend arms to right angles and bend head backward—2; return to first position—3; lower arms—4.

5. Raise arms forward—1; raise wand across shoulder-blades and bend knees—2; raise arms forward—3; lower arms and straighten knees—4.

6. Raise arms forward—1; raise wand across shoulder-blades and raise left (right) foot backward—2; raise arms forward—3; lower arms and replace foot—4.

7. Raise arms forward—1; raise wand across shoulder-blades and lunge left (right) backward—2; raise arms forward—3; lower arms and replace foot—4.

8. Raise arms forward—1; raise wand across shoulder-blades and bend trunk backward—2; return to first position—3; lower arms—4.

LESSON III.

Horizontal and Vertical Movements.

PREPARATORY COMMANDS.

Take wand from rack while marching. (Drill III.) Arms upward (wand across chest)—bend! Lower left arm and right hand to left shoulder—move! Arms—lower! The same vice versa. Arms upward—bend! Move right hand to left shoulder and the left arm upward—raise! Arms—lower! The same vice versa.

1. Bend arms upward—1; lower left arm, move right hand to left shoulder and rise on toes—2; bend arms upward—3; lower arms and heels—4. The same vice versa.

2. Bend arms upward—1; lower left arm, move right hand to left shoulder and place left (right) foot sideward—2; bend arms upward—3; lower arms and replace foot—4. The same vice versa.

3. Bend arms upward—1; lower left (right) arm, move right (left) hand to left (right) shoulder and lunge left (right) sideward—2; bend arms upward—3; lower arms and replace foot—4.

4. Bend arms upward—1; lower left arm, move right hand to left shoulder and bend head left—2; return to first position—3; lower arms—4. The same exercise vice versa.

5. Bend arms upward—1; move right hand to left shoulder, raise left arm upward and rise on toes—2; bend arms—3; lower arms and heels—4. The same exercise vice versa.

6. Bend arms upward—1; move right hand to left shoulder, raise left arm upward and raise left foot sideward—2; bend arms—3; lower arms and replace foot—4. The same exercise vice versa.

7. Bend arms upward—1; move right hand to left shoulder, raise left arm upward and lunge left sideward—2; bend arms—3; lower arms and replace foot—4. The same exercise vice versa.

8. Bend arms upward—1; move right hand to left shoulder, raise left arm upward and bend trunk right—2; return to first position—3; lower arms—4. The same exercise vice versa.

LESSON IV.

Horizontal and Oblique Movements.

PREPARATORY COMMANDS.

Take wand from rack while marching. (Drill IV.) Arms forward—raise! Left arm upward—raise! Arms—lower! The same, right. Arms forward—raise! Left arm obliquely fore-upward, right hand to left shoulder—raise! Arms—lower!



(Plate 57)

(From arms raised forward.) Raise left arm obliquely fore-upward; right hand to left shoulder and lunge left forward.

1. Raise arms forward—1; raise left arm upward and bend knees—2; lower left arm forward—3; lower arms and straighten knees—4. The same exercise, right.

2. Raise arms forward—1; raise left arm upward and cross left foot forward—2; lower left arm forward—3; lower arms and replace foot—4. The same right.

3. Raise arms forward—1; raise left arm upward and lunge left forward—2; lower left arm forward—3; lower arms and replace foot—4. The same, right.

4. Raise arms forward—1; raise left arm upward and turn head right—2; return to first position—3; lower arms—4. The same exercise vice versa.

5. Raise arms forward—1; raise left arm obliquely fore-upward and move right hand to left shoulder—2; return to first position—3; lower arms—4. The same vice versa.

6. Raise arms forward—1; raise left arm obliquely fore-upward, move right hand to left shoulder and raise left foot, crossing forward—2; return arms to first position—3; lower arms and replace foot—4. The same vice versa.

7. Raise arms forward—1; raise left arm obliquely fore-upward, move right hand to left shoulder and lunge left forward—2; return arms to first position—3; lower arms and replace foot—4. The same exercise vice versa. (See plate 57.)

8. Raise arms forward—1; raise left arm obliquely fore-upward, move right hand to left shoulder and turn trunk right—2; return to first position—3; lower arms—4. The same exercise vice versa.

LESSON V.

Horizontal and Oblique Movements.

PREPARATORY COMMANDS.

Take wand from rack while marching. (Drill V.) Arms upward—raise! Left arm sideward (shoulder high)—lower! Arms—lower! The same, right. Arms upward—raise! Right hand to left shoulder (left arm obliquely side-downward)—lower! Arms—lower! The same, right.



(Plate 58)
(From arms upward); lower right hand to left shoulder, left arm obliquely side-downward, and raise left foot crosswise backward.

1. Raise arms upward—1; lower left arm sideward and bend knees—2; raise left arm upward—3; lower arms and straighten knees—4. The same, right.

2. Raise arms upward—1; lower left arm sideward and cross left foot backward—2; raise left arm upward—3; lower arms and replace foot—4. The same exercise, right.

3. Raise arms upward—1; lower left arm sideward and lunge left sideward—2; raise left arm upward—3; lower arms and replace foot—4. The same, right.

4. Raise arms upward—1; lower left

arm sideward and bend head left—2; return to first position—3; lower arms—4. The same exercise, right.

5. Raise arms upward—1; lower right hand to left shoulder, left arm obliquely side-downward and bend knees—2; raise arms upward—3; lower arms and straighten knees—4. The same exercise vice versa.

6. Raise arms upward—1; lower right hand to left shoulder, left arm obliquely side-downward, and raise left foot crosswise backward—2; raise arms upward—3; lower arms and replace foot—4. The same exercise vice versa. (See plate 58.)

7. Raise arms upward—1; lower right hand to left shoulder, left arm obliquely side-downward and lunge left sideward—2; raise arms upward—3; lower arms and replace foot—4. The same exercise vice versa.

8. Raise arms upward—1; lower right hand to left shoulder, left arm obliquely side-downward and bend trunk right—2; return to first position—3; lower arms—4. The same exercise vice versa.

LESSON VI.

Horizontal Movements (Winding).

PREPARATORY COMMANDS.

Take wand from rack while marching. (Drill I.) Reverse—hold! Arms upward—bend! Wind left (right) and arms forward—straighten! Unwind and arms—lower! Arms upward—bend! Wind left (right) and arms upward—straighten! Unwind and arms—lower!

1. Bend arms upward (wand across chest)—1; wind left, straighten arms forward and rise on toes—2; unwind and bend arms—3; lower arms and heels—4. The same exercise, right.

2. Bend arms upward—1; wind left, straighten arms forward and place left foot forward—2; unwind and bend arms—3; lower arms and replace foot—4. The same exercise, right.

3. Bend arms upward—1; wind left, straighten arms forward and lunge left forward—2; unwind and bend arms—3; lower arms and replace foot—4. The same exercise, right.

4. Bend arms upward—1; wind left, straighten arms forward and lower head forward—2; return to first position—3; lower arms—4. The same, right.

5. Bend arms upward—1; wind left, straighten arms upward and rise on toes—2; unwind and bend arms—3; lower arms and heels—4. The same, right.

6. Bend arms upward—1; wind left, straighten arms upward and raise left foot forward—2; unwind and bend arms—3; lower arms and replace foot—4. The same exercise, right.

7. Bend arms upward—1; wind left, straighten arms upward and lunge left forward—2; unwind and bend arms—3; lower arms and replace foot—4. The same exercise, right.

8. Bend arms upward—1; wind left, straighten arms upward and lower trunk forward—2; return to first position—3; lower arms—4. The same exercise, right.

LESSON VII.

Horizontal Movements (Winding).

PREPARATORY COMMANDS.

Take wand from rack while marching. (Drill II.) Reverse—hold! Arms forward—raise! Wind left, the left arm forward, right hand to left shoulder—move! Unwind and arms—lower! The same, right. Arms forward—raise! Wind left and arms left sideward (right hand to left shoulder)—move! Unwind and arms—lower! The same, right.

1. Raise arms forward—1; wind left, move left arm forward, right hand to left shoulder and bend knees—2; unwind and move arms forward—3; lower arms and straighten knees—4. The same exercise vice versa.

2. Raise arms forward—1; wind left, move left arm forward, right hand to left shoulder and place left foot backward—2; unwind and move arms forward—3; lower arms and replace foot—4. The same exercise vice versa.

3. Raise arms forward—1; wind left, move left arm forward, right hand to left shoulder and lunge left backward—2; unwind and move arms forward—3; lower arms and replace foot—4. The same exercise vice versa.

4. Raise arms forward—1; wind left, move left arm forward, right hand to left shoulder, and bend head backward—2; return to first position—3; lower arms—4. The same exercise vice versa.

5. Raise arms forward—1; wind left, move arms left sideward and bend knees—2; unwind and move arms forward—3; lower arms and straighten knees—4. The same exercise, right.

6. Raise arms forward—1; wind left, move arms left sideward and raise left foot backward—2; unwind and move arms forward—3; lower arms and replace foot—4. The same exercise, right.

7. Raise arms forward—1; wind left, move arms left sideward and lunge left backward—2; unwind and move arms forward—3; lower arms and replace foot—4. The same exercise, right.

8. Raise arms forward—1; wind left, move arms left sideward and bend trunk backward—2; return to first position—3; lower arms—4. The same, right.

LESSON VIII.

Horizontal and Vertical Movements (Winding).

PREPARATORY COMMANDS.

Take wand from rack while marching. (Drill III.) Reverse—hold! Arms upward—raise! Wind left, and wand vertically forward (right arm above)—lower! Unwind and arms—lower! The same exercise, right. Arms upward—raise! Wind left and left hand to left hip, (right arm upward)—lower! Unwind and arms—lower! The same exercise, right.



(Plate 59)

(From arms raised upward); wind left, lower wand vertically forward, and lunge left sideward.

1. Raise arms upward—1; wind left, lower wand vertically forward (right arm above) and rise on toes—2; unwind and raise arms upward—3; lower arms and heels—4. The same exercise, right.

2. Raise arms upward—1; wind left, lower wand vertically forward and place left foot sideward—2; unwind and raise arms upward—3; lower arms and replace foot—4. The same exercise, right.

3. Raise arms upward—1; wind left, lower wand vertically forward and lunge left sideward—2; unwind and raise arms upward—3; lower arms and replace foot—4. The same exercise, right. (See plate 59.)

4. Raise arms upward—1; wind left, lower wand vertically forward and bend head left—2; return to first position—3; lower arms—4. The same, right.

5. Raise arms upward—1; wind left, lower left hand to left hip and rise on toes—2; unwind and raise arms upward—3; lower arms and heels—4. The same exercise, right.

6. Raise arms upward—1; wind left, lower left hand to left hip and raise left foot sideward—2; unwind and raise arms upward—3; lower arms and replace foot—4. The same exercise, right.

7. Raise arms upward—1; wind left, lower left hand to left hip and lunge left sideward—2; unwind and raise arms upward—3; lower arms and replace foot—4. The same exercise, right.

8. Raise arms upward—1; wind left, lower left hand to left hip and bend trunk left—2; return to first position—3; lower arms—4. The same exercise, right.

LESSON IX.

Horizontal and Oblique Movements.

PREPARATORY COMMANDS.

Take wand from rack while marching. (Drill IV.) Reverse—hold! Arms upward—bend! Wind left, and the left arm forward, right arm upward—straighten! Unwind and arms—lower! The same exercise, right. Arms upward—bend! Wind left, move right hand to left shoulder and the left arm obliquely fore-upward—straighten! Unwind and arms—lower! The same exercise, right.



(Plate 60)

(From arms bent upward; wind left, straighten left arm forward, right arm upward, and bend head backward.

1. Bend arms upward (wand across chest)—1; wind left, straighten left arm forward, right arm upward and bend knees—2; unwind and bend arms—3; lower arms and straighten knees—4. The same exercise vice versa.

2. Bend arms upward—1; wind left, straighten left arm forward right arm upward and cross left foot forward—2; unwind and bend arms—3; lower arms and replace foot—4. The same exercise vice versa.

3. Bend arms upward—1; wind left, straighten left arm forward, right arm upward and lunge left forward—2; unwind and bend arms—3; lower arms and replace foot—4. The same exercise vice versa.

4. Bend arms upward—1; wind left straighten left arm forward, right arm upward and bend head backward—2; return to first position—3; lower arms—4. The same exercise vice versa. (See plate 60.)

5. Bend arms upward—1; wind left, move right hand to left shoulder, straighten the left arm obliquely fore-upward and bend the knees—2; unwind and bend arms—3; lower arms and straighten knees—4. The same exercise vice versa.

6. Bend arms upward—1; wind left, move right hand to left shoulder, straighten left arm obliquely fore-upward and raise left foot crosswise forward—2; unwind and bend arms—3; lower arms and replace foot—4. The same exercise vice versa.

7. Bend arms upward—1; wind left, move right hand to left shoulder, straighten left arm obliquely fore-upward and lunge left forward—2; unwind and bend arms—3; lower arms and replace foot—4. The same exercise vice versa.

8. Bend arms upward—1; bend trunk backward—2; straighten trunk—3; lower arms—4.

LESSON X.

PREPARATORY COMMANDS.

Take wand from rack while marching. (Drill V.) Reverse—hold! Arms upward—raise! Wind left and left arm sideward (right arm upward)—lower! Unwind and arms—lower! The same exercise, right. Arms upward—raise! Wind left, move left arm obliquely side-upward and the right hand to the left shoulder—lower! Unwind and arms—lower! The same exercise, right.



(Plate 61)

(From arms raised upward; wind left, move left arm obliquely side-downward, wand behind shoulders; lower right hand over right shoulder, and rise on toes.

1. Raise arms upward—1; wind left, lower left arm sideward and rise on toes—2; unwind and raise left arm upward—3; lower arms and heels—4. The same exercise, right.

2. Raise arms upward—1; wind left, lower left arm sideward and cross left foot backward—2; unwind and raise left arm upward—3; lower arms and replace foot—4. The same exercise, right.

3. Raise arms upward—1; wind left, lower left arm sideward and lunge left side-ward—2; unwind and raise left arm upward—3; lower arms and replace foot—4. The same exercise, right.

4. Raise arms upward—1; wind left, lower left arm sideward and turn head left—2; return to first position—3; lower arms—4. The same exercise, right.

5. Raise arms upward—1; wind left, move left arm obliquely side-downward (wand behind shoulders), lower right hand over

right shoulder and rise on toes—2; unwind and raise arms upward—3; lower arms and heels—4. The same exercise vice versa. (See plate 61.)

6. Raise arms upward—1; wind left, move left arm obliquely side-downward (wand behind shoulders), lower right hand over right shoulder, and raise left foot crosswise backward—2; unwind and raise arms upward—3; lower arms and replace foot—4. The same exercise vice versa.

7. Raise arms upward—1; wind left, move left arm obliquely side-downward (wand behind shoulders), lower right hand over right shoulder and lunge left sideward—3; lower arms and replace foot—4. The same exercise vice versa.

8. Raise arms upward—1; wind left, lower left arm obliquely side-downward (wand behind shoulders), lower right hand over right shoulder and turn trunk left—2; return to first position—3; lower arms—4. The same exercise vice versa.

Seventh and Eighth Grades

DUMB-BELL EXERCISES.

The first five of the following groups have been especially arranged for those schools which have but limited space, such as classrooms or narrow corridors, in which to practice gymnastics. They may, however, also be utilized for work in assembly halls and gymnasiums.

To be practiced in classroom, corridor, assembly hall or gymnasium.

LESSON I.

Hands (Bells) on Hips.



(Plate 62)
Raise both hands over
shoulders, and lower
trunk forward.

1. Straighten the left arm forward—1; return—2; right, 3 and 4.

2. Straighten both arms forward and rise on toes—1; place hands on hips and lower heels—2.

3. Raise left hand over shoulder and place the left foot forward—1; return—2; right, 3 and 4.

4. Raise both hands over shoulders and lower trunk forward—1; place hands on hips and raise trunk—2. (See plate 62.)

5. Straighten the left arm sideward—1; return—2; right, 3 and 4.

6. Straighten both arms sideward and bend knees—1; place hands on hips and straighten knees—2. (See plate 63.)

7. Raise left hand over shoulder and the left foot forward—1; return—2; right, 3 and 4.

8. Raise both hands over shoulders and bend trunk backward—1; place hands on hips and straighten trunk—2.



(Plate 63)
Straighten both arms sideward
and bend knees.

NOTE:—In straightening the arms forward, turn knuckles outward; in raising hands over shoulders, turn knuckles backward.

LESSON II.

Hands (Bells) on Hips.

1. Straighten the left arm upward—1; return—2; right, 3 and 4.
2. Straighten both arms upward and rise on toes—1; return—2.
3. Raise left hand over shoulder and place left foot sideward—1; return—2; right, 3 and 4.
4. Raise both hands over shoulders and bend trunk left—1; return—2; right, 3 and 4.
5. Straighten left arm sideward—1; return—2; straighten right arm left sideward—3; return—4.
6. Straighten both arms left sideward and bend knees—1; return—2; right, 3 and 4.
7. Raise left hand over shoulder and the left foot sideward—1; return—2; right, 3 and 4.
8. Raise both hands over shoulders and turn trunk left—1; return—2; right, 3 and 4.

LESSON III.

Arms to Thrust. (See note.)

(Plate 64)

Thrust left arm sideward,
and raise left knee sideward.

1. Thrust left arm forward—1; return—2; right, 3 and 4.
2. Thrust left arm forward and raise left knee—1; return—2; right, 3 and 4.
3. Thrust both arms forward and rise on toes—1; return—2.
4. Place hands (bells) on hips and lower trunk forward—1; return—2.
5. Thrust left arm sideward—1; return—2; right, 3 and 4.
6. Thrust left arm sideward and raise left knee sideward—1; return—2; right, 3 and 4. (See plate 64.)
7. Thrust both arms sideward and bend knees—1; return—2.

8. Place hands (bells) on hips and bend trunk backward—1; return—2.

NOTE:—In thrusting, twist arms, knuckles up.

LESSON IV.

Arms to Thrust.

1. Thrust left arm obliquely fore-upward—1; return—2; right, 3 and 4.
2. Thrust left arm obliquely fore-upward and cross the left foot forward—1; return—2; right, 3 and 4.
3. Thrust both arms obliquely fore-upward and rise on toes—1; return—2.
4. Raise arms upward and bend trunk backward—1; return—2.
5. Thrust left arm obliquely side-upward—1; return—2; right, 3 and 4.
6. Thrust left arm obliquely side-upward and cross the left foot backward—1; return—2; right, 3 and 4.
7. Thrust both arms obliquely side-upward and bend knees—1; return—2.
8. Place hands on hips and to side-stride position (jump); turn trunk left—1; return—2; right, 3 and 4.

LESSON V.

Arms to Cut. (See Note.)

1. Cut left arm forward—1; return—2; right, 3 and 4.
2. Cut left arm forward and cross left foot backward bending knees—1; return—2; right, 3 and 4.
3. Cut both arms forward and lunge left forward—1; return—2; right, 3 and 4.
4. Place hands on hips and to side-stride position (jump). Turn trunk left—1; lower trunk forward—2; raise trunk—3; return trunk—4; right, 5 to 8.
5. Cut left arm sideward—1; return—2; right, 3 and 4.
6. Cut left arm sideward and cross left foot backward, bending knees—1; return—2; right, 3 and 4.
7. Cut both arms sideward and lunge left sideward—1; return—2; right, 3 and 4.

8. Place hands on hips and to side-stride position (jump). Turn trunk left—1; bend trunk backward—2; straighten trunk—3; return—4; right, 5 to 8.

NOTE:—In raising arms to cut, the hands are raised over the shoulders, elbows point sideward, bells in the vertical position. When cutting forward, turn knuckles outward; when cutting sideward, turn knuckles backward.

DUMB-BELL EXERCISES.

SEVENTH AND EIGHTH GRADES.

Especially arranged for performance in gymnasiums and assembly-halls.

Group I.

1. a. Swing arms forward—1; backward—2; forward—3; lower arms—4.
b. Place hands on hips—5; on shoulders—6; on hips—7; lower arms—8.
c. Repeat "a."
d. Repeat "b." 1 to 16.
2. Like 1, and when swinging arms forward rise on toes; when swinging backward lower heels.
3. Like 1, and while swinging arms forward place left and right foot alternately forward.
4. Like 1, and when placing hands on hips, lower trunk forward; when placing hands on shoulders raise the trunk.
5. a. Swing arms fore-upward—1; downward backward—2; fore-upward—3; lower arms—4.
b. Place hands on hips—5; on shoulders—6; on hips—7; lower arms—8.
c. Repeat "a."
d. Repeat "b." 1 to 16.
6. Like 5, and when swinging upward rise on toes; when swinging backward lower heels.
7. Like 5, and while swinging upward raise left and right foot alternately forward.
8. Like 5, and when placing hands on hips bend trunk backward; when placing hands on shoulders straighten the trunk.

Group II.

(Plate 65)

Swing arms downward inward to cross in front of chest.

1. a. Swing arms sideward—1; swing downward and inward to cross in front of chest—2; swing sideward—3; lower arms—4. (See plate 65.)
 - b. Place hands on hips—5; straighten arms sideward—6; place hands on hips—7; lower arms—8.
 - c. Repeat "a."
 - d. Repeat "b." 1 to 16.
2. Like 1, and when swinging arms sideward bend the knees; when swinging inward straighten the knees.
3. Like 1, and when swinging arms sideward raise left and right foot alternately sideward.
4. Like 1, and when crossing arms in front of chest, bend the trunk left (right); when straightening arms sideward, straighten the trunk.
5. a. Swing arms side-upward—1; swing downward and inward to cross in front of chest—2; swing side-upward—3; lower arms—4.
 - b. Place hands on hips—5; straighten arms sideward—6; place hands on hips—7; lower arms—8.
 - c. Repeat "a."
 - d. Repeat "b." 1 to 16.
6. Like 5, and when swinging arms side-upward bend the knees; when swinging inward straighten the knees.
7. Like 5, and when swinging arms sideward upward, raise left and right foot alternately sideward.
8. Like 5, and when placing hands on hips, turn trunk left (right); when straightening arms sideward, return the trunk.

Group III.

1. Raise arms sideward and inward to clash bells in front of chest (elbows point sideward)—1; straighten arms forward—2; bend arms—3; lower arms side-downward—4.
2. Like 1, at 2, rise on toes— at 3, lower heels; lower arms—4.

3. Like 1, at 2, lunge left forward; at 3, replace the foot; lower arms—4. The same exercise vice versa.

4. Like 1, at 2 lower trunk forward; at 3 raise the trunk; lower arms—4.

5. Raise arms sideward and inward to clash in front of chest—1; fling arms sideward—2; bend arms—3; lower arms side-downward—4. (See Note.)

6. Like 5, at 2 bend knees; at 3 straighten knees; lower arms—4.

7. Like 5, at 2 lunge left sideward; at 3 replace the foot; lower arms—4. The same exercise vice versa.

8. Like 5, at 2 bend the trunk backward; at 3 straighten the trunk; lower arms—4.

NOTE:—Hold bells vertically in front of chest.

Group IV.

1. Raise arms forward—1; move sideward—2; move forward—3; lower arms—4.

2. Like 1, with placing the left (right) foot forward at 1; raising the foot at 2; lowering the foot at 3; and replacing foot at 4.

3. Like 1, with striding forward at 1; rising on toes at 2; lowering heels at 3; and replacing the foot at 4.

4. Like 1, with lunging left (right) forward at 1; lowering trunk forward at 2; raising trunk at 3; and replacing the foot at 4.

5. Raise arms sideward—1; raise upward—2; lower sideward—3; lower arms—4.

6. Like 5, with placing the left (right) foot sideward at 1; raising the foot at 2; lowering foot at 3; replacing the foot at 4.

7. Like 5, with striding left (right) sideward at 1; rising on toes at 2; lowering heels at 3; and replacing foot at 4.

8. Like 5, with lunging left (right) sideward at 1; bending the trunk left (right) at 2; straightening the trunk at 3; and replacing the foot at 4.

Group V.

1. Swing arms forward and bend arms (bells over shoulders)—1; swing arms backward—2; return to first position—3; lower arms—4.

2. Like 1, with placing the left (right) foot forward at 1; backward at 2; forward at 3; and replacing the foot at 4.

3. Like 1, with placing the left (right) foot forward at 1; backward with bending of the stationary knee at 2; forward with straightening of the knee at 3; and replacing the foot at 4.

4. Like 1, with lunging backward at 1; bending the trunk backward at 2; straightening the trunk at 3; and replacing foot at 4.

5. Swing arms sideward and bend arms (bells over shoulders)—1; swing arms downward to clash bells in rear—2; return to first position—3; lower arms—4.

6. Like 5, with placing the left (right) foot sideward at 1; crossing backward at 2; placing sideward at 3; and replacing the foot at 4.

7. Like 5, with placing the left (right) foot sideward at 1; crossing the foot backward with bending of the stationary knee at 2; returning to the first position at 3; and replacing the foot at 4.

8. Like 5, with lunging sideward at 1; turning the trunk left (right) at 2; returning the trunk at 3; and replacing the foot at 4.

Seventh Grade

INDIAN CLUB EXERCISES WITH ONE CLUB.

LESSON I.

Inner Circles.



(Plate 66)
Starting position
of clubs.

1. Small arm circle inward left in two counts, with rising on toes at 1; and lowering of heels at 2, 7 to 8. On the eighth count change club into right hand and repeat right, 9 to 16.

2. Like 1, with crossing left (right) foot backward.

3. Small arm and lower hand circle left in two counts, 1 to 8. On the eighth count change club into right hand and repeat right, 9 to 16.

4. Like 3, but hand circle behind shoulder-blades.

5. Like 3, but large arm and upper hand circle.

6. Like 3, but large arm and hand circle below in rear.

7. Small arm circle left—1; grasp base of club in right hand and bend arms upward (club in horizontal position across chest)—2; lower trunk forward and raise the trunk continuously from 3 to 8. On the eighth count change club into right hand and repeat right, 9 to 16.

8. Like 7, but straighten arms upward and bend trunk backward during the counts 3 to 8, and 11 to 16.

NOTE:—While exercising with one arm, the other hand should be placed on hip, or arm on small of back.

LESSON II.

Outer Circles.

1. Small arm circle outward left in two counts, with rising on toes at 1, and lowering heels at 2. 1 to 8. On the eighth count change club into right hand and repeat right, 9 to 16.

2. Like 1, with placing the left (right) foot sideward.

3. Small arm and lower hand circle left in two counts, 1 to 8. On the eighth count change club into right hand and repeat right, 9 to 16.

4. Like 3, but hand circle behind shoulder-blades.

5. Like 3, but large arm and upper hand circle.

6. Like 3, but large arm and hand circle below in rear.

7. Small arm circle left—1; grasp base of club in right hand below in rear (club is held horizontally)—2; bend and straighten trunk left and right alternately from 3 to 8. On the eighth count change club into right hand and repeat right, 9 to 16.

8. Like 7, but turn the trunk left (right) during the counts from 3 to 8, and 11 to 16.

LESSON III.

Inner Circles.

1. a. Four small arm circles left inward, 1 to 4.

b. One small arm and three lower hand circles, 5 to 8.

c. Repeat "a."

d. Repeat "b," 1 to 16.

On the last count change club into right hand.

2. Like 1, but right.

3. Large arm circle left backward—1; lunge left forward (left arm obliquely fore-upward)—2; remain in position—3 and 4; grasp club in both hands (right hand grasps base), lower arms and trunk forward, raise arms and trunk continuously, 5 to 16, taking two counts for each movement. On the last count change club into right hand and replace left foot.

4. Like 3, but right.

5. a. Four small arm circles left inward, 1 to 4.

b. One small arm and three hand circles behind shoulder-blades, 5 to 8.

c. Repeat "a."

d. Repeat "b," 1 to 16.

On the last count change club into right hand.

6. Like 5, but right.

7. Large arm circle left forward—1; lunge left backward (left arm obliquely back-upward)—2; remain in position—3 and 4; grasp club in both hands (right hand grasps base), bend arms (club horizontally behind neck), and bend trunk backward, straighten and

bend arms upward) and trunk continuously, 5 to 16, taking two counts for each movement. On the last count change club into right hand and replace left foot.

8. Like 7, but right.

LESSON IV.

Inner Circles.

1. a. Four large arm circles left inward, 1 to 4.
b. One large arm and three upper hand circles, 5 to 8.
c. Repeat "a."
d. Repeat "b," 1 to 16.

On the last count change club into right hand.

2. Like 1, but right.

3. Large arm circle left inward—1; lunge left sideward (left arm obliquely side-upward—2; remain in position, 3 and 4; grasp club in both hands (right hand grasps base), bend trunk left and straighten trunk continuously 5 to 16, taking two counts for each movement. On the last count change club into right hand and replace left foot.

4. Like 3, but right.
5. a. Four large arm circles left inward, 1 to 4.
b. One large arm and three hand circles below in rear (or two horizontal hand circles forward), 5 to 8.
c. Repeat "a."
d. Repeat "b," 1 to 16.

On the last count change club into right hand.

6. Like 5, but right.

7. Large arm circle left inward—1; lunge left sideward (left arm side-upward)—2; remain in position, 3 and 4; grasp club in both hands, turn trunk left and bend arms (club behind neck), return trunk and straighten arms (upward) continuously, 5 to 16, taking two counts for each movement. On the last count change club into right hand and replace foot.

8. Like 7, but right.

LESSON V.

Outer Circles.

1. a. Four small arm circles left outward, 1 to 4.
b. One small arm and three lower hand circles, 5 to 8.
c. Repeat "a."

- d. Repeat "b." 1 to 16.
On the last count change club into right hand.
2. Like 1, but right.
3. a. Straighten left arm forward (right hand on hip), tip club on forearm and lunge left forward (remain in position), 1 to 4.
b. Move forearm toward chest, lower trunk forward and change position of knees, 5 to 8.
c. Return to first position, 9 to 12.
d. Return to starting position, 13 to 16.
On the last count change club into right hand.
4. Like 3, but right.
5. a. Four small arm circles left outward, 1 to 4.
b. One small arm and three hand circles behind shoulder-blades, 5 to 8.
c. Repeat "a."
d. Repeat "b." 1 to 16.
On the last count change club into right hand.
6. Like 5, but right.
7. a. Straighten left arm forward, tip club on forearm and lunge left backward, 1 to 4.
b. Move forearm toward chest, bend trunk backward and change position of knees, 5 to 8.
c. Return to first position, 9 to 12.
d. Return to starting position, 10 to 16.
On last count change club into right hand.
8. Like 7, but right.

LESSON VI.

Outer Circles.

1. a. Four large arm circles left outward, 1 to 4.
b. One large arm and three upper hand circles, 5 to 8.
c. Repeat "a."
d. Repeat "b." 1 to 16.
On the last count change club into right hand.
2. Like 1, but right.

3. a. Straighten left arm sideward (right hand on hip), tip club on forearm and lunge left sideward, 1 to 4.
- b. Move forearm toward chest, bend trunk left and change position of knees, 5 to 8.
- c. Return to first position, 9 to 12.
- d. Return to starting position, 13 to 16.

On the last count change club into right hand.

4. Like 3, but right.
5. a. Four large arm circles left outward, 1 to 4.
- b. One large arm and three hand circles below in rear (or two horizontal hand circles forward), 5 to 8.
- c. Repeat "a."
- d. Repeat "b." 1 to 16.

On the last count change club into right hand.

6. Like 5, but right.
7. a. Straighten left arm sideward (right hand on hip), tip club on forearm and lunge left sideward, 1 to 4.
- b. Move forearm toward chest, turn trunk left and change position of knees, 5 to 8.
- c. Return to first position, 9 to 12.
- d. Return to starting position, 13 to 16.

On the last count change club into right hand.

8. Like 7, but right.

LESSON VII.

Inner and Outer Circles.

1. Small arm circle left inward, tip club on forearm (arm sideward), and follow step left sideward with rising on toes, 1 and 2; small arm and lower hand circle outward, follow step right sideward, 3 and 4. 1 to 16.

On the last count change club into right hand.

2. Like 1, but right.
3. Small arm circle left inward, tip club on forearm (arm sideward), and follow step left sideward with bending and straightening knees, 1 and 2; small arm and hand circle outward behind shoulder-blades and follow step right sideward, 3 and 4. 1 to 16.

On the last count change club into right hand.

4. Like 3, but right.

5. Small arm circle left inward, tip club on forearm and place the left foot sideward, 1 and 2; large arm and upper hand circle outward and cross left foot in rear with slightly bending the knees, 3 and 4. 1 to 16.

On the last count change club into right hand.

6. Like 5, but right.

7. Small arm circle left inward, tip club on forearm and place the left foot sideward—1; small arm and hand circle outward below in rear and cross the left foot in rear, slightly bending the knees, 3 and 4. 1 to 16.

On the last count change club into the right hand.

8. Like 7, but right.

LESSON VIII.

Outer and Inner Circles.

1. Small arm circle left outward, tip club on forearm (arm bent in front of chest), and follow step left sideward with rising on toes, 1 and 2; small arm and lower hand circle inward and follow step right sideward, 3 and 4. 1 to 16.

On the last count change club into the right hand.

2. Like 1, vice versa.

3. Small arm circle left outward, tip club on forearm (arm bent in front of chest) and follow step left sideward with bending and straightening knees, 1 and 2; small arm and hand circle inward behind shoulder-blades and follow step right sideward, 3 and 4. 1 to 16.

On the last count change club into the right hand.

4. Like 3, vice versa.

5. Small arm circle left outward, tip club on forearm and place the left foot sideward, 1 and 2; large arm and upper hand circle inward and cross the left foot in rear, slightly bending the knees, 3 and 4. 1 to 16.

On the last count change club into the right hand.

6. Like 5, but right.

7. Small arm circle left outward, tip club on forearm and place the left foot sideward—1; small arm and hand circle inward below in rear and cross the left foot in rear, slightly bending the knees, 3 and 4. 1 to 16.

On the last count change club into the right hand.

8. Like 7, but right.

LESSON IX.

Inner Circles.

1. a. Arm and lower hand circle left inward, 1 to 2; hand circle behind shoulder-blades—3; upper hand circle—4.
- b. Lower the arm left sideward, tip club on forearm and place the left foot forward—5; move forearm toward chest and lower trunk forward—6; move arm sideward and raise trunk—7; return to starting position—8.
- c. Repeat "a."
- d. Repeat "b." 1 to 16.
2. Like 1, but right.
3. a. Arm and hand circle inward left below in rear, 1 and 2; hand circle behind shoulder-blades—3; upper hand circle—4.
- b. Lower the arm left sideward, tip club on forearm and place the left foot backward—5; move forearm toward chest and bend trunk backward—6; move arm sideward and straighten trunk—7; return to starting position—8.
- c. Repeat "a."
- d. Repeat "b." 1 to 16.

On the last count change club into right hand.

4. Like 3, but right.
5. Like 1, but at "b" place the left foot sideward and bend trunk left.
6. Like 5, but right.
7. Like 3, but at "b" cross left foot in rear and turn trunk left.
8. Like 7, but right.

LESSON X.

Outer Circles.

1. a. Arm and lower hand circle left outward, 1 and 2; hand-circle behind shoulder-blades—3; upper hand circle—4.
- b. Lower the arm right sideward, tip club on forearm (arm bent in front of chest), and place the left foot forward—5; move arm left sideward and lower trunk forward—6; move forearm toward chest and raise trunk—7; return to starting position—8.
- c. Repeat "a."
- d. Repeat "b." 1 to 16.

On the last count change club into right hand.

2. Like 1, but right.
3. a. Arm and hand circle outward left below in rear, 1 and 2; hand circle behind shoulder-blades—3; upper hand circle—4.
- b. Lower the arm right sideward, tip club on forearm (arm bent in front of chest), and place the left foot backward—5; move arm left sideward and bend trunk backward—6; move forearm toward chest and straighten trunk—7; return to starting position—8.
- c. Repeat "a."
- d. Repeat "b." 1 to 16.

On the last count change club into right hand.

4. Like 3, but right.
5. Like 1, but at "b" place the left foot sideward and bend trunk left.
6. Like 5, but right.
7. Like 3, but at "b" cross left foot in rear and turn trunk left.
8. Like 7, but right.

Eighth Grade

INDIAN CLUB EXERCISES WITH TWO CLUBS.

LESSON I.

Inner Circles.



(Plate 67)

Arms horizontally sideward,
clubs tipped on forearms, and
trunk lowered forward.

1. a. Small arm circle left inward, 1 and 2; right, 3 and 4. Both, 5 to 8.
b. Repeat "a," 9 to 16.
2. Like 1, adding lower hand circles.
3. Like 1, adding hand circles back of shoulders.
4. Small arm circle inward, tip clubs on forearm (arms horizontally sideward), and follow step left sideward with rising on toes, 1 and 2; return, 3 and 4. 1 to 16.

5. a. Large arm circle left inward, 1 and 2; right, 3 and 4. Both, 5 to 8.

b. Repeat "a," 9 to 16.

6. Like 5, adding upper hand circles.
7. Like 5, adding hand circles below in rear.
8. Small arm circle inward and tip clubs on forearm (arms horizontally sideward), 1 and 2; lower trunk forward, 3 and 4; raise trunk, 5 and 6; return to starting position, 7 and 8. 1 to 16. (See plate 67).

LESSON II.

Outer Circles.

(Plate 68)
Clubs tipped in
front of chest.

1. a. Small arm circle left outward, 1 and 2;
right, 3 and 4; both, 5 to 8.
b. Repeat "a," 9 to 16.
2. Like 1, adding lower hand circles.
3. Like 1, adding hand circles back of shoulders.
4. Small arm circle outward, tip clubs in front of chest and follow step left sideward with rising on toes, 1 and 2; return, 3 and 4.
5. a. Large arm circle left outward, 1 and 2;
right, 3 and 4. Both, 5 to 8.
b. Repeat "a," 9 to 16.
6. Like 5, adding upper hand circles.
7. Like 5, adding hand circles below in rear.
8. Small arm circle outward and tip clubs in front of chest, 1 and 2; bend trunk backward, 3 and 4; straighten trunk, 5 and 6; return to starting position, 7 and 8. 1 to 16. (See plate 68.)

LESSON III.

Inner Circles.

(Plate 69)
Lunging position
left forward, clubs
tipped on forearm,
arms raised up-
ward.

1. a. Small arm and three lower hand circles
left inward, 1 to 4; right, 5 to 8.
b. Repeat "a," 9 to 16.
2. Like 1, with both arms.
3. a. Three arm circles inward, 1 to 3; tip
clubs on forearms (arms horizontal-
ly sideward)—4; lunge left forward
and raise arms upward—5; replace
foot and lower arms sideward—6;
repeat lunging, 7 and 8. Return
clubs to starting position on the
eighth count. (See plate 69.)
b. Repeat "a," 9 to 16.
4. a. Three arm circles inward, 1 to 3; tip
clubs—4; lunge left forward—5;
lower trunk forward and raise arms

upward—6; raise trunk and lower arms sideward—7; return to starting position—8.

- b. Repeat "a," lunging right, 9 to 16.
5. a. Large arm, and three upper hand circles left inward, 1 to 4; right, 5 to 8.
- b. Repeat "a," 9 to 16.
6. Like 5, with both arms.
7. Like 3, but lunge backward.
8. Like 4, but lunge backward and bend trunk backward.

LESSON IV.

Outer Circles.

1. a. Small arm and three lower hand circles left outward, 1 to 4; right, 5 to 8.
- b. Repeat "a," 9 to 16.
2. Like 1, with both arms.
3. a. Three arm circles outward, 1 to 3; tip clubs in front of chest—4; lunge left sideward and straighten arms sideward—5; replace foot and bend arms—6; repeat (5 and 6), 7 and 8. Return clubs to starting position on the last count.
- b. Repeat "a" (lunging right sideward), 9 to 16.
4. a. Three arm circles outward, 1 to 3; tip clubs in front of chest—4; lunge left sideward—5; bend trunk left and straighten arms sideward—6; straighten trunk and bend arms—7; return to starting position—8.
- b. Repeat "a" (lunging right sideward and bending right), 9 to 16.
5. a. Large arm and three upper hand circles left outward, 1 to 4; right, 5 to 8.
- b. Repeat "a," 9 to 16.
6. Like 5, with both arms.
7. Repeat exercise 3.
8. Like 4, but at 6 and 14, turn trunk left and right respectively.

LESSON V.

Double Arm Circles.

1. Double arm circle left, 1 and 2; repeat, 3 to 8; right, 9 to 16.
2. Double arm circle left—1; turn trunk left and hand circle forward (outside the hands)—2; repeat, 3 to 8; right, 9 to 16.

3. Three double arm circles left, 1 to 3; $\frac{3}{4}$ arm circle left to side position right and tip clubs—4; step left sideward—5; cross right foot in rear—6; step left—7; close heels—8. Repeat vice versa, 9 to 16.

4. Clubs under arms (place). Lunge left (right) (alternately) forward—1; lower trunk forward—2; raise trunk—3; replace foot—4. 1 to 16.

5. Double arm circle left—1; lower hand circle—2; repeat, 3 to 8. Right, 9 to 16.

6. Double arm circle left—1; hand circle back of shoulders—2; repeat, 3 to 8; on the last count swing the clubs over to the right and continue, right, 9 to 16.

7. Repeat exercise 3.

8. Clubs under arms (place). Lunge left (right) (alternately) backward—1; bend trunk backward—2; straighten trunk—3; replace foot—4. 1 to 16.

LESSON VI.

Double Arm Circles.

1. Large double arm circle left, 1 and 2; repeat, 3 to 8; right, 9 to 16.

2. Large double arm circle left—1; upper hand circle—2; repeat, 3 to 8; right, 9 to 16.

3. Three double arm circles left, 1 to 3; $\frac{3}{4}$ arm circle left to side position right, and tip clubs—4; step left sideward—5; cross right foot in front and pirouette ($\frac{4}{4}$ turn left)—6; step left sideward—7; close heels—8. Right, 9 to 16.

4. Clubs under arms (place). Step left sideward—1; cross right foot in rear and bend trunk left—2; straighten trunk and place right foot sideward—3; replace left foot—4. Perform alternately left and right. 1 to 16.

5. $\frac{3}{4}$ double arm circle left to side position right—1; horizontal hand circle to the left—2; repeat, 3 to 8. Right, 9 to 16.

6. Double arm circle left—1; hand circles below in rear—2; repeat, 3 to 8; right, 9 to 16.

7. Repeat exercise 3.

8. Clubs under arms (place). Step left sideward—1; cross right foot in rear, turn trunk left and lower trunk forward—2; raise and return the trunk and place the right foot sideward—3; replace the left foot—4. Perform alternately left and right. 1 to 16.

LESSON VII.

Inner Circles.

1. a. Four small arm circles inward, 1 to 4; small arm and lower hand circle, 5 and 6; repeat (5 and 6), 7 and 8.
b. Repeat "a," 9 to 16.
2. Like 1, but hand circles back of shoulders. 1 to 16.
3. Straighten arms forward, tip clubs on forearms and step left forward—1; place right foot forward and bend left knee—2; return to first position—3; return to starting position—4. Perform alternately left and right. 1 to 16.
4. Straighten arms obliquely fore-upward and lunge left forward, 1 and 2; swing arms backward and lower trunk forward, 3 and 4; return to first position, 5 and 6; return to starting position, 7 and 8. Right, 9 to 16.
5. a. Four large arm circles inward, 1 to 4; large arm and upper hand circles, 5 and 6; repeat (5 and 6), 7 and 8.
b. Repeat "a," 9 to 16.
6. Like 5, but hand circles below in rear.
7. Straighten arms sideward, tip club and step left sideward—1; cross right foot in rear and bend the knees—2; return to first position—3; return to starting position—4. Perform alternately left and right. 1 to 16.
8. Straighten arms obliquely fore-upward and lunge left forward, 1 and 2; swing arms backward, change position of knees and bend trunk backward, 3 and 4; return to first position, 5 and 6; return to starting position, 7 and 8. Right, 9 to 16.

LESSON VIII.

Outer Circles.

1. a. Four small arm circles outward, 1 to 4; small arm and lower hand circles, 5 to 8.
b. Repeat "a," 9 to 16.
2. Like 1, but hand circles back of shoulders.
3. Straighten arms forward, tip clubs and step left forward—1; raise right foot forward and bend left knee—2; return to first position—3; return to starting position—4. Perform alternately left and right, 1 to 16.



(Plate 70)

(From arms obliquely side-upward, lunging position left side-ward); Swing arms downward to cross in front of chest, and bend trunk left.

4. Straighten arms obliquely side-upward, and lunge left sideward, 1 and 2; swing arms downward to cross in front of chest and bend trunk left, 3 and 4; return to first position, 5 and 6; return to starting position, 7 and 8. Right, 9 to 16. (See plate 70.)

5. a. Four large arm circles outward, 1 to 4; large arm and upper hand circles, 5 to 8.

b. Repeat "a," 9 to 16.

6. a. Four small arm circles outward, 1 to 4; small arm and horizontal hand circles, 5 to 8.

b. Repeat "a," 9 to 16.

7. Straighten arms sideward, tip clubs and step left sideward—1; raise right foot crosswise in rear, and bend left knee—2; return to first position—3; return to starting position—4. Perform alternately left and right, 1 to 16.

8. Straighten arms obliquely side-upward and lunge left side-ward, 1 and 2; swing arms backward and turn trunk left, 3 and 4; return to first position, 5 and 6; return to starting position, 7 and 8. Right, 9 to 16.

LESSON IX.

Inner and Outer Circles.

1. Small arm circle inward—1; lower hand circle—2; hand circle back of shoulders—3; upper hand circle—4. 1 to 16.

2. Like 1, but arm and hand circles outward.

3. Straighten arms sideward, tip clubs and step left sideward—1; cross right foot in rear—2; step left sideward—3; point the right foot forward—4. Repeat vice versa, 5 to 8. 1 to 16.

4. Straighten arms sideward, tip clubs and lunge left forward—1; bend arms inward, change position of knees and lower trunk forward—2; return to first position—3; return to starting position—4. Right, 5 to 8. 1 to 16.

5. Small arm circle inward—1; hand circle below in rear—2; hand circle back of shoulders—3; upper hand circle—4. 1 to 16.

6. Like 5, but arm and hand circles outward. (See note.)
7. Repeat exercise 3.
8. Straighten arms sideward, tip clubs and lunge left backward—1; bend arms inward, change position of knees and bend trunk backward—2; return to first position—3; return to starting position—4. Right, 5 to 8. 1 to 16.

NOTE:—In this exercise the horizontal hand circles may be practiced instead of the hand circles below in rear.

LESSON X.

Double Arm Circles.



(Plate 71)

(Arms straightened left sideward, clubs tipped on forearm, lunging position left sideward): move arms to the right, change position of knees, and bend trunk right.

1. Small double arm circle left—1; lower hand circle—2; hand circle back of shoulders—3; upper hand circle—4. 1 to 16.
2. Like 1, but right.
3. Straighten both arms left sideward, tip clubs and step left sideward—1; move arms to the right and cross right foot in rear—2; move arms to the left and step left sideward—3; point right foot forward—4. Repeat vice versa, 5 to 8. 1 to 16.
4. Straighten arms left sideward, tip clubs and lunge left sideward—1; move arms to the right, change position of knees and bend trunk right—2; return to first position—3; return to starting position—4. Repeat vice versa, 5 to 8. 1 to 16. (See plate 71.)
5. Small double arm circle left—1; hand circle below in rear—2; hand circle back of shoulders—3; upper hand circle—4. 1 to 16.
6. Like 5, but right.
7. Repeat exercise 3.
8. Straighten arms left sideward, tip clubs and lunge left sideward—1; move arms to the right, change position of knees and turn trunk left—2; return to first position—3; return to starting position—4. Repeat vice versa, 5 to 8. 1 to 16.

RHYTHMICAL STEPS.

This form of exercise in its proper sphere, as only a part of the child's bodily training, is invaluable, for it has the tendency to strengthen in the child its natural sense of rhythm, besides awakening and nourishing a feeling for beauty of form and grace, and ease of movement unequaled by any other form of exercise. Yet it is advisable rather to devote slightly less time to the practice of steps than to gymnastic exercises, since it is essential that the body be given, besides grace and ease of carriage, skill, endurance, strength, and vigor, in such measure that it will be able to successfully combat the evils of our present environment and sedentary habits of life.

Rhythmical steps should be practiced in gymnasiums, assembly halls, or large corridors, the space in the classrooms being too limited for such exercises. In the absence of suitable space the steps may be practiced around the room in a circle outside the desks.

According to space the steps may be practiced in single line or in column (ranks 2, 3, 4 or more). In ranks of two (couples) the exercise may be executed outward or inward; in ranks of four, couples may practice outward or inward.

A certain position of hands should always be taken. In single rank hands may be placed on hips; in couples, inner hands may be joined with arms bent, outer hands on hips or arms placed on small of back, or arms may be crossed to a chain either in front or rear.

If a rhythmical step be commanded while the pupils are marching, the command of execution is given as the pupils step with the right foot, and all positions are taken and movements begin with the left foot. A change from the rhythmical step to the common or regular step is made at the command,—Common (regular) step—march! When wishing to bring the pupils to the stand-still, the command—Class—halt!, is used.

When the various steps outlined for the different grades have been mastered, two or more steps may be combined to form a "rhythmical sentence." Example:—four gallop-hops left forward, four gallop-hops right forward, and eight marching steps forward. Many simple and pleasing combinations may be made, yet care must be exercised in selecting only such steps for combination as may be performed to the same time in music ($2/4$, $4/4$, $3/4$, or $6/8$).

RHYTHMICAL STEPS.

1. Tap step ($2/4$ time).
Execution: Tap left foot forward—1; step left forward—2; tap right foot forward—3; step right forward—4.
2. Follow-step ($2/4$ or $4/4$ time).
Execution: Step left (right) forward (backward or obliquely)—1; close the instep of right (left) foot to left (right) heel—2.
3. Step-hop (alternate hop) ($2/4$ time).
Execution: Step left forward (backward)—1; hop on left foot, raising right foot backward (forward crosswise)—2. Same right, 3 and 4.
4. Change-step ($2/4$ time, count “1 and 2”).
Execution: Step left forward—1; close right instep to left heel (as in follow-step), “and”; step left forward—2. Same beginning right, “3 and 4.”
5. Tap, heel and toe ($2/4$ time).
Execution: Touch left heel forward—1; touch toes of left foot to toes of right foot or touch toes of left foot backward—2; change-step left forward “3 and 4.” The same right.
6. Skipping ($6/8$ time).
Execution: Hop on right foot in place and step left forward—1; hop on left foot in place and step right forward—2; continued.
7. Rocking-step ($3/4$ time—mazurka).
Execution: Step left sideward (obliquely or forward)—1; front-cross-step right, raising left foot backward—2; step down on left foot—3. Same to the right—4, 5, 6.
8. Gallop-(hop) ($2/4$ time).
Note: The follow-step forward is used to develop the gallop-hop forward, and the closing step sideward for the gallop-hop sideward.
9. Skating-step (glide-hop) ($2/4$ time).
Execution: Glide left forward (transferring weight to left foot)—1; hop on place with right leg raised backward—2; same right, 3 and 4.
10. Mazurka-hop ($3/4$ time).
Execution: Glide-step left forward—1; close right foot to left (as in follow-step); at same time hop on right foot and raise left foot forward—2; bend left knee—3.

FOLK AND GYMNASTIC DANCES.

SPECIALY GRADED AND ARRANGED FOR THE
CHICAGO PUBLIC SCHOOLS,

by

LILLIAN H. BRUCE

and

BLANCHE M. TRILLING,

of the

DEPARTMENT OF PHYSICAL EDUCATION,
CHICAGO TEACHERS COLLEGE.

FOREWORD.

In using the dances here given and suggested, it is requested that no teacher give her pupils a dance prescribed for a higher grade than her own. Dances of lower grades may be used freely for review if desired.

Aside from these specially graded dances, a teacher may use what she wishes for her class. The lists are in no sense limitations, but suggested and guarded helps for those who have no facilities for choosing their folk dance material.

LILLIAN H. BRUCE,

BLANCHE M. TRILLING.

Chicago Teachers College,
June, 1911.

LIST OF DANCES PREPARED WITH MUSIC AND DESCRIPTION.

Grade.

1. The Shoemaker (Danish).
Washing the Clothes. (Swedish).
Hickory Diekory Dock.
2. London Bridge.
Strasak (Bohemian).
Bleking.
3. Nixie Polka (Swedish).
The Washwoman.
Cireus.
4. Morris Dancees (English).
 - a. Bean Setting.
 - b. Handkerchief Dance.
 Minuet.
5. The Mountain March (Norwegian).
Bean Porridge Hot.
6. La Pastourelle.
Pop Goes the Weasel.
How Do You Do?
7. Dancing on the Green.
(Any schottische music.)
College Hornpipe.
8. Virginia Reel.
Cinderella.

DANCES SUGGESTED FOR GRADES.

First Grade.

Shoemaker.
 Hickory-Dickory.
 Looby Loo.
 Danish Dance of Greeting.
 Hansel and Gretel.
 Greeting and Meeting.
 German Clap Dance.
 Indian Dance.
 Washing the Clothes.

Second Grade.

Bleking.
 Strasak.
 I See You.
 London Bridge.
 The First of May.
 Baby Polka.

Third Grade.

Washwoman.
 Nigare Polskan.
 The Circus.
 Reap the Flax.
 The Duchess.
 Comn' Thru the Rye.

Fourth Grade.

Bean Setting.
 Morris Handkerchief Dance.
 Ace of Diamonds.
 Dainty Step.
 Hop, Mother Annika.
 Minuet.

Fifth Grade.

Norwegian Mountain March.
 Bean Porridge Hot.
 Swedish Clap Dance.
 Finnish Reel.
 Gustaf's Skol.
 Rovenacka.

Sixth Grade.

La Pastourelle.
 German Hopping Dance.
 How Do You Do?
 Pop Goes the Weasel.
 The Crane.
 Gottland Quadrille.
 Laudnum Bunches.

Seventh Grade.

Dancing on the Green.
 College Hornpipe.
 Highland Fling.
 Highland Schottische.
 Irish Lilt.
 Sappo.

Eighth Grade.

Cinderella.
 Virginia Reel.
 Tarentella.
 Cshbogar.
 Sjalaskuttan (Bounding Heart).
 Swedish Schottische.
 Ox Dance (Boys).

REFERENCES TO SUGGESTED DANCES.

"POPULAR FOLK GAMES AND DANCES."

By MARI HOFER.

Publisher: A. Flanagan & Co., Chicago.

Bleking	1
Greeting and Meeting	1
German Klapp Dance	1
I See You	2
Nigare Polskan	3
Norwegian Mountain March	5
Highland Schottische	7

"CHILDREN'S OLD AND NEW SINGING GAMES."

By MARI HOFER.

Publisher: A. Flanagan & Co., Chicago.

Looby Loo	1
Hansel and Gretel	1

"THE FOLK DANCE BOOK."

By C. WARD CRAMPTON.

Publishers: A. S. Barnes Co., N. Y.

Grade

Danish Dance of Greeting	1
Shoemakers' Dance	1
Childrens' Polka (Music only for Baby Polka)	2
Nigare Polskan (Nixie Polka)	3
Swedish Clap Dance	5
Bleking	1
Finnish Reel (Skvaller Ulla or Gossiping Ella)	5
Norwegian Mountain March	5
Highland Schottische	7
German Hopping Dance	6
Hop, Mother Annika	4
Ace of Diamonds	4
The Irish Lilt	7
The Oxen Dance	8
Highland Fling	7
I See You	2
German Clap Dance	1
Washing the Clothes	2
Reap the Flax	3
Laudnum Bunches	6

FOLK DANCES AND SINGING GAMES.

ELIZABETH BURCHENAL.

Publisher: G. Schirmer.

	Grade
The Ace of Diamonds	4
Dance of Greeting	1
Highland Fling	7
I See You	2
Laudnum Bunches (Morris Dance)	6
Mountain March	5
Ox Dansen	8
Reap the Flax	3
Shoemaker's Dance	1
Strasak	2
Tarantella	3
Washing the Clothes	2
The First of May	2

FOLK DANCES AND GAMES.

CAROLINE CRAWFORD.

Publishers: A. S. Barnes & Co.

	Grade
Skvaller Ulla—Gossiping Ella (Finnish Reel)	5
Sappo	7
Bleking	1
Swedish Clap Dance	5
Hop, Mother Annika (Höpp Morr Annika)	4
Gustave's Health	5
Nixie Polka (Nigare Polkan)	3
Highland Schottische	7
Virginia Reel (Sir Rôger DeCoverly)	8
Rovenacka	5

SWEDISH FOLK DANCES.

NILS W. BERQUIST.

Publishers: A. S. Barnes & Co.

	Grade
Bleking	1
Gustavus Toast (Gustaf's Skol)	5
Swedish Clap Dance	5
The Oxen Dance	8
Swedish Schottische	8
Gottland Quadrille	6

MORRIS DANCE TUNES—(Music).
 Eleven Morris Danecs—(Description).

By JOSEPHINE BROWER.

Publishers: H. W. Gray Co.

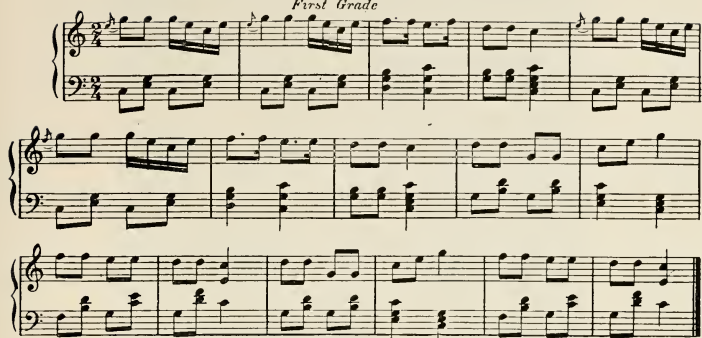
CHICAGO NORMAL SCHOOL LIBRARY.

Grade

Hickory Dickory Dock	1
Indian Dance	1
Baby Polka (Description only)	2
London Bridge	2
Circus	3
The Duchess (Any Schottische music)	3
Comin' Thru the Rye	3
Dainty Step	4
Minuet	4
Morris Handkerchief Dance	4
Bean Porridge Hot	5
How Do You Do?	6
Pop Goes the Weasel	6
La Pastourelle	6
The Crane	6
Dancing on the Green (Any Schottische music)	7
College Hornpipe	7
Cinderella	8
Cschbogar	8

Shoemaker's Dance

(Danish)
First Grade



SHOEMAKER—(DANISH).

First Grade.

Formation:

Double circle, partners facing.

I.

1. *Winding the Thread.*

Wind, wind, wind the thread

And then unwind it.

Zip, zip and hammer the peg.

Repeat.

Fists tightly clenched, hands moving inward, revolve fists quickly around each other.

Unwind by revolving in opposite direction.

2. *Waxing the Thread.*

Jerk elbows back quickly and vigorously twice over raised knee. (See plate 1.)



PLATE 1—SHOEMAKER. WAXING THE THREAD.

4. *Driving the Pegs.*

Fists tightly clenched. Strike left one with the right three times.

Repeat all. This should take the first eight measures.

II.

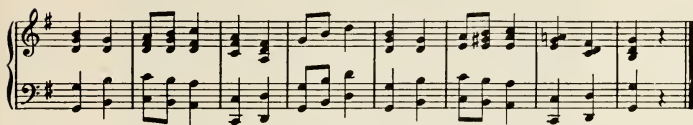
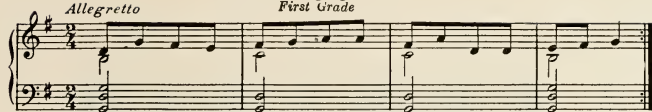
Partners join both hands. Sliding step clockwise four measures. Repeat opposite direction four measures.

Washing the Clothes.

(Swedish Singing Game.)

First Grade

Allegretto



WASHING THE CLOTHES.

First Grade.

Formation:

Partners facing each other in circle.

I.

Dancers bending forward go through scrubbing motion with the words:

“We will wash our clothes, we’ll wash them,
We will wash our clothes just so,
We will wash our clothes, we’ll wash them,
We will wash our clothes just so.”

Measures 1-8.

II.

Touch right toe across left, replace foot, heels together. Same with left foot. Repeat above movements twice, then turn one whole turn to the right with three stamps and three claps.

Measures 9-16.

In the same way movements of rinsing, wringing, hanging and stretching the clothes may be performed, each time substituting the appropriate word in the song,—as, “We will rinse our clothes,” etc. (See plates 8 and 9.)



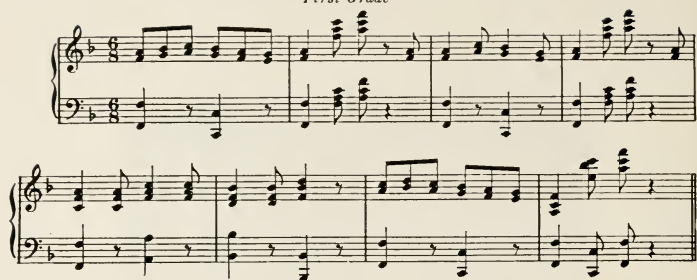
PLATE 8—"RINSING."



PLATE 9—"WRINGING."

Hickory Dickory Dock.

First Grade



HICKORY-DICKORY-DOCK.

First Grade.

Formation:

Couples stand in single circle facing each other.
Dance should accompany word as directed below:

I.

“Hickory-Dickory-Dock—” Tick Tock
With arms raised above head to the right, sway left,
right, left, 2 light stamps. (See plate 4.)



PLATE 4—“HICKORY-DICKORY-DOCK.”

“The mouse ran up the clock” Tick Tock,
Partners change places with quick little running
steps and two stamps.

“The clock struck one,”
Partners clap right hands.

“The mouse ran down”
Partners change places.

“Hickory-Dickory-Dock” Tick Tock.
Partners with hands raised, sway from side to side as
at beginning.

II.

“Hickory-Dickory-Dock,” Tick Tock,
Partners join both hands—Take three slides in line
of direction—Two stamps.

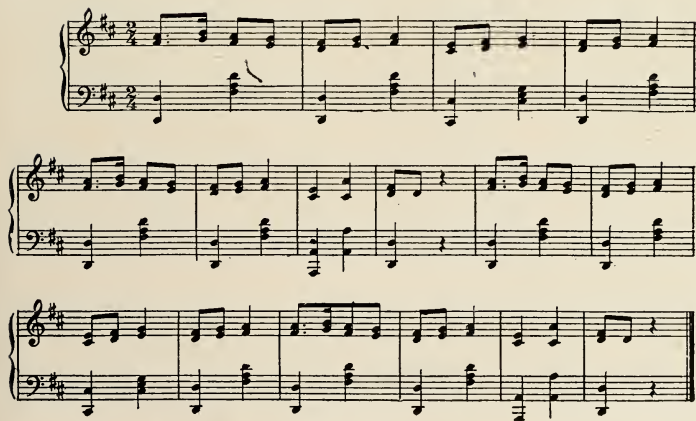
“Why scamper said the clock,” Tick Tock
Three slides back and two stamps.

“You scare me so, I have to go,”
Join right hand with partner take three slow steps,
change places and make a deep courtesy.

“Hickory-Dickory-Dock,” Tick Tock
Join left hand with partner, take three steps back
to original place and courtesy.

London Bridge

Second Grade



LONDON BRIDGE.

Second Grade.

London Bridge is falling down,
 Falling down, falling down,
 London Bridge is falling down,
 My fair lady.

Build it up with iron bars,
 Iron bars, iron bars,
 Build it up with iron bars,
 My fair lady.

Off to prison you must go,
 You must go, you must go,
 Off to prison you must go,
 My fair lady.

DANCE.

Formation:

Form a single circle. Partners stand side by side.
 Couples numbered I and II around circle.

I.

- (a) Couples I. all join inside hands forming a bridge. Couples II. separate and partners with skip-step go under bridge that is nearest to them. Return to place and all courtesy to partners on "My Fair Lady."
- (b) All join hands, take 8 slides to right, 4 slides to left and courtesy to partner.

II.

- (a) Couples II. join both hands and make a "Strong Bridge." Couples I. skip under bridge and on "My Fair Lady," courtesy to partner.
- (b) Repeat (b) of I.

III.

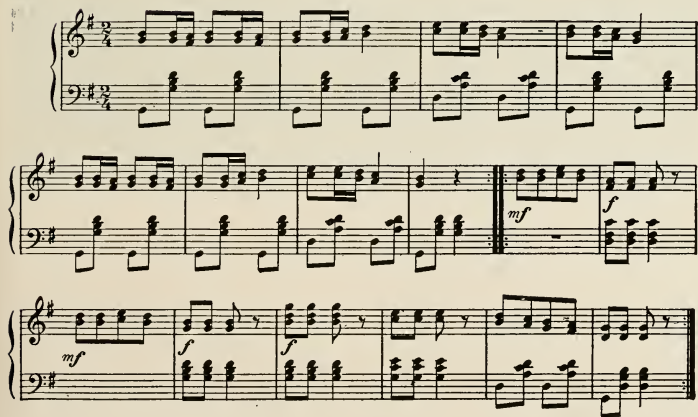
All face inward. * Beginning with left foot, take six steps toward center, making circle smaller, face left 7 and 8; place hands on shoulders of person in front, take short running step, and on "My Fair Lady," make a courtesy to center. (See plate 5.)



PLATE 5—"OFF TO PRISON YOU MUST GO."

Strasak

(Bohemian)
Second Grade.



STRASAK—(BOHEMIAN).

Second Grade.

Formation:

Single circle. Partners facing each other. Number One of each couple places hands on partner's waist. Number Two places hands on partner's shoulders.

I.

Partners in above position step hop around circle. In this polka number Two moves constantly forward, number One backward—16 measures. (See plate 6.)



PLATE 6—STEP-HOP IN LINE OF DIRECTION.

II.

Hands on Hips—

Stand still facing each other.....1 measure.
 Stamp three times.....1 measure.
 Stand still1 measure.
 Clap own hands three times.....1 measure.
 Left hand on hip, shake right forefinger
 three times1 measure.

Right hand on hip, shake left forefinger three
 times1 measure.
 Strike partner's right hand and whirl to left
 on left foot.....1 measure.
 Hands on hips, face partners, stamp three
 times1 measure.

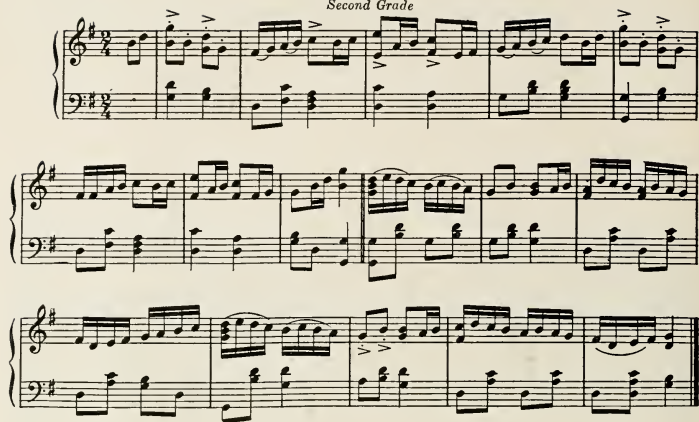
(See plate 7).



PLATE 7—SHAKING THE FORE-FINGER AT PARTNER.

Bleking Dance.

(Swedish.)
Second Grade



BLEKING—(SWEDISH).

Second Grade.

Formation:

Couples stand in double circle facing each other with hands joined.

1.

By hopping on left, both place the right heel forward, right arm forward with elbow straight, left arm backward, elbow bent. (See plate 2.)



PLATE 2—"BLEKING." STEP I.

Hop and reverse position—left heel forward, left arm forward, right arms backward. By hopping make three quick changes with the arms and feet (2 measures in all).

This should be repeated 4 times in all. Part one should take the first eight measures.

II.

Couples turn and face in line of direction—Inside hands joined—each beginning with outside foot, take step and hop for eight measures. (See plate 3.)



PLATE 3—"BLEKING." STEP II.

Conclusion.

Dancers join hands in single circle and take sixteen running steps around to the left—(Measures 1-8.) Repeat in the opposite direction and finish with three stamps—(Measures 9-16).

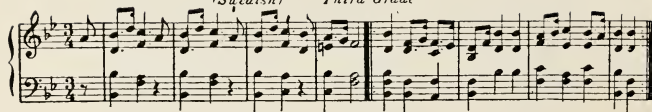
(See plate 10.)



PLATE 10—RUNNING-STEP IN SINGLE CIRCLE FOR CONCLUSION.

Nigare Polskan

(Swedish) Third Grade



NIGARE POLSKAN—(SWEDISH).

(Nixie Polka.)

Third Grade.

Formation:

Players form in a single circle. Partners stand side by side. One child stands in center as leader.

I.

All take alternately the first step described in *Bleking*—Measures 1-4.

First note of fifth measure, leader claps hands and runs around circle, with nine little steps. Stops in front of some one and stamps twice.

II.

Step 1 is now repeated with leader and one chosen facing each other. This time when the leader claps, she faces about, and the child chosen places hands on the leader's shoulders. Running steps are now repeated by the two, and a new partner is chosen. (See plate 11.)

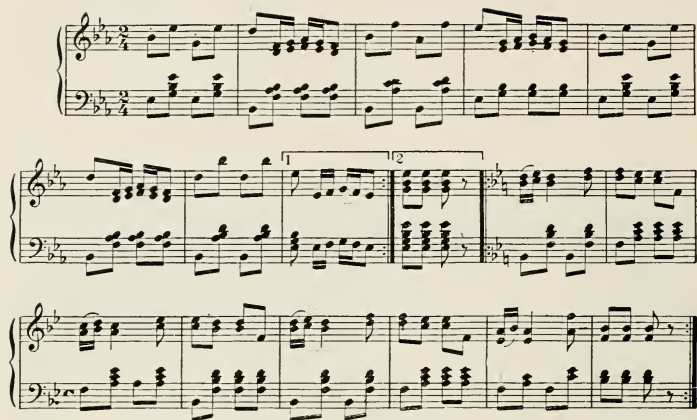
Dance is continued until all the children in the circle have been chosen.



PLATE 11—CHOOSING THE NEW PARTNER.

Washwoman.

Third Grade



THE WASHWOMAN—(AMERICAN).

Third Grade.

Formation:

Couples around the room, partners facing each other.

I.

Song: "Scrub—, scrub—, scrub—, scrub—, scrub—,
Wring—, wring—, wring—, wring—, wring—,
Dry the clothes, dry the clothes,
Bring them in, bring them in.

(Repeat all).

1st motion: Two long scrubs, three short, quick ones, in time to music.

2nd motion: Two long wrings, three short, quick ones.

3rd motion: Partners join hands and swing them forward and back in time to music, to represent drying the clothes.

4th motion: At last line both partners turn under their arms, with two sets of three stamps each.

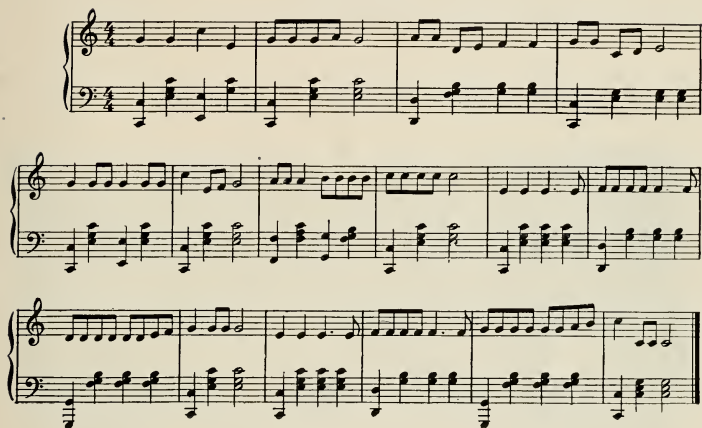
II.

Partners face forward, joining inside hands, take three slow walking steps forward starting outside foot, and face about, take three steps forward in opposite direction and face toward each other. Courtesy to each other in forward direction, in backward direction, pirouette outward, and give three stamps to finish.

Figures I and II may be repeated ad libitum.

Circus

Third Grade.



THE CIRCUS.

Third Grade.

Formation:

Double circle. Partners facing.

I.

Dance accompanies words as indicated below.

“Young maid, young maid,
Young maid, young maid dear,
Go get your hat and parasol,
The circus, it is here,”

Place left hand under right elbow, which is bent shoulder height. Place right foot forward. Change alternately left and right seven times and hold. Repeat.

II.

“Ten for the big ones,
Five for the small”—

Join hands with partner opposite. Three slides in line of direction, heels together on 4 and repeat back to place.

III.

“Hurry up, hurry up,
Or you cannot go at all”—

Link right arms with partner, turn rapidly in place with quick, short steps. (See plate 12.)



PLATE 12—"HURRY UP."

IV.

“Hop, hop, hop, the day it is so clear,
For Anderson and Peterson and Lundstrom, my dear.”

Inner circle faces in and joins hands. Outer circle places hands on shoulder of partner. In this formation, which represents a "Merry-go-round," slide 16 counts to left. Repeat words and slide 16 counts returning to place.

Bean Setting

(English Morris Dance)

Fourth Grade

Play three times

A-

B-

The musical score is written for two parts, A and B, in 4/8 time. Part A is marked 'Play three times'. The score consists of four systems of music. The first system is for part A, and the second system is for part B. The third and fourth systems are for a piano accompaniment. The score ends with a 'Fine' marking and a repeat sign.

BEAN SETTING—(MORRIS DANCE).

Required for Fourth Grade.

Formation:

Partners facing each other in double column, the column expanding into a ring where called for.

Music: Sections A and B are repeated in their order two times, making each played three times.

- A. (1st time) From column formation where one, three and five are facing two, four and six, change into ring and dance with step throw half around the circle till one and six, three and four, and five and two have changed places. Measures 1-4. Partners tap sticks across at end of 4th bar. (See plate 13.) Through-



PLATE 13—"CROSSING STICKS,"

out A use step and throw as described in "B" of Morris Handkerchief Dance. Repeat, getting back to place, and tap sticks with partner on end of 8th measure.

- B. Dabbing or poking end of stick into ground, two times, measure 1. Tap sticks across and hold them crossed, measure 2. Repeat as in measure 1,—measure 3. (See plate 14.)



PLATE 14—"DIBBING."

Bar 4. Partners tap across. No. 1 taps No. 3.

Bar 5. No. 3 taps No. 5. No. 5 taps No. 6.

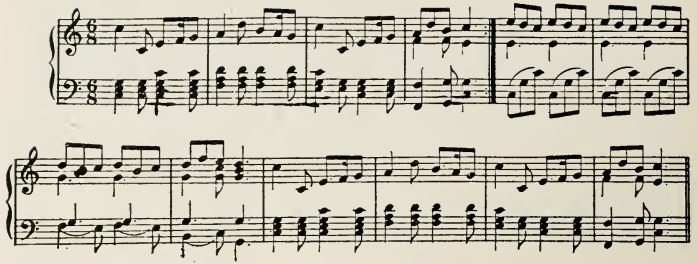
Bar 6. Nine-Eighth time. No. 6 taps No. 4. No. 4 taps No. 2. Partners tap across.

In remaining six bars of B repeat tapping and dibbing as above.

- A. (2nd time.) Cross over, partners tapping across in bars 4 and 8. Cross back again. All measures 1 and 8.
- B. (2nd time.) Same as B of first time.
- A. (3rd time.) Back to back, tapping as in A (2nd time).
- B. (3rd time.) Dibbing as in B of first and second time—two bars before the end leader calls, "ALL IN," whereupon all, just as they tap for the last time jump outward, forming column, and stand for a moment with sticks crossed. (See plate 13.)

Morris Handkerchief "Dance.

(English)
Fourth Grade



MORRIS DANCE.

Step A.

- (1) Step forward on right foot and hop.
- (2) Step forward on left foot and hop.

Join the hop quickly to the "step" upon which the accent falls.

repeat alternately left and right.

Step B.

"Step and Throw."

- (1) Step forward on right foot (slightly to side).
- (2) Bring left forward well raised, knee slightly bent, and hop on right. (Bend body to left.)

Repeat alternately left and right.

Step 1. Enter and come down center in couples taking hands.....16 beats—8 bars

- I. 1st or front couple to hold hands high and dance backwards, while the other three couples come forward and pass underneath. (See plate 15.) 8 beats—4 bars



Divide to right and left (the leaders following the last couple.)

All meet at back in turn and come down center in two lines as before 8 beats..4 bars

The 1st couple now becomes the 4th, and the 2nd couple the 1st.

Repeat (I) until original places are reached, each couple in turn having held up hands.

Step B. 11. Once to right and one to left
 (facing partners, standing well
 apart) 4 beats—2 bars



PLATE 16—WAVING HANDKERCHIEFS. STEP III.

Step A. Four steps, changing places (passing
 partner's right shoulder) 4 beats—2 bars
 Repeat back to places 8 beats—4 bars
 This figure to be performed again .16 beats—8 bars

- III. Leading boy and fourth girl advance;
 wave handkerchiefs on 4th beat
 (See plate 16.) 4 beats—2 bars
 Retire to places (changing handkerchiefs with left hand while retiring) 4 beats—2 bars
 Leading girl and 4th boy do the same 8 beats—4 bars
 All four advance to center 4 beats—2 bars
 Give right hand across and dance
 round 4 beats—2 bars
 Give left hands across and dance in opposite direction 4 beats—2 bars
 All retire to places 4 beats—2 bars
 The inner four meanwhile have remained in places, dancing step B. After which they in turn perform Fig. III, while the outer four remain in places, dancing step B.

- Step A.* IV. Leading couple divides, leads round,
 meeting at back, taking hands 8 beats—4 bars
 Come down to center to places, the
 others following 8 beats—4 bars
 Fourth couple now divides at back, the
 others following 8 beats—4 bars
 Leads round, meeting at front, taking
 hands, falling back to original places
 (two lines facing) 8 beats—4 bars
 Repeat Fig. II.
 Repeat Fig. IV.
 After which all face front.

- V. Advance four steps 4 beats—2 bars
 Retire four steps 4 beats—2 bars
 Separate four steps 4 beats—2 bars
 Close four steps 4 beats—2 bars
 Keeping lines straight throughout.
 Lead off in couples to finish.
 Handkerchiefs always to be waved with vigour, and
 heads to be well thrown over shoulder, looking at
 partner when turning away.



PLATE 17—MINUET. COURTESY.

MINUET.

Music Mozart's "Don Juan" Minuet.

Formation:

Couples inside hands joined—facing forward.

I.

Minuet March.

Beginning outside foot step forward (1) and point inside foot forward (2) hold (3). Step forward inside foot and point outside foot in same way. Repeat six times in all (6 measures) then make full courtesy to partner starting outside foot (2 measures). Repeat.

II.

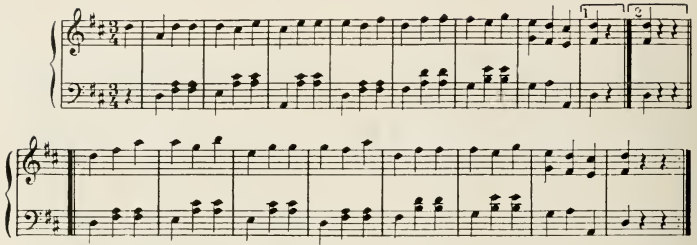
Face partner—join right hands starting with left foot walk six steps to opposite place (2 measures) and courtesy starting left (2 measures)—each turn to left in place with two Minuet March steps (2 measures) and courtesy to partner (2 measures). Repeat, all joining left hands and starting right turning right and courtesy to right.

III.

Face forward—join inside hands and repeat I once (8 measures). Join right hands, march around partner and back to place six steps (2 measures) full courtesy to left 2 measures. Join left hands, march around partner and back to place, 6 steps (2 measures), full courtesy to right (2 measures).

Norwegian Mountain March.

Fifth Grade



MOUNTAIN MARCH.

Fifth Grade.

Formations

Groups of three. Leader stands in front holding a handkerchief in each hand. The two behind join inside hands and with outside hands grasp handkerchiefs held by leader.

I.

In the above position groups advance around hall. Take three running steps to each measure, emphasizing the first of each three steps. (See plate 18.)



PLATE 18—CLIMBING THE MOUNTAIN.



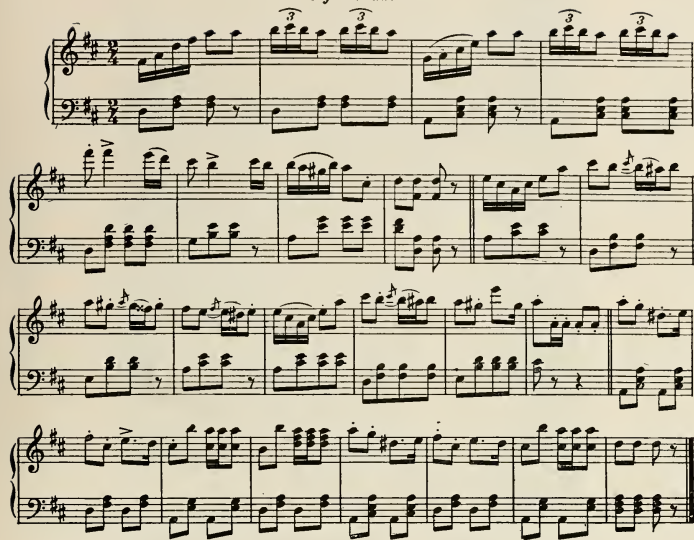
PLATE 19—MOUNTAIN MARCH. STEP II.

II.

Still holding handkerchiefs, the leader with six steps dances under the uplifted hands of the two in the rear. The child on the left dances under leader's right arm. The child on the right then dances under the leader's right arm, and at the close the leader turns under his own right arm. This should bring all back to original position. (See plate 19.)

Bean Porridge

Fifth Grade



BEAN PORRIDGE.

Fifth Grade.

Music: 2/4 Polka.

Couples around the room facing each other.

Formation:

I.

Clap hands on thighs, clap together, clap with partners, repeat, clap hands on thigh, clap together, clap right hands with partner, clap together, clap left hands with partner, clap together, clap both hands with partners, 4 measures. Repeat, making eight measures. (See plate 20.)



PLATE 20—BEAN PORRIDGE HOT.

II.

Join right hands with partner, take two polka steps changing places with partner (polka steps here meaning 3 steps and a hop). Bend head and body to the right and clap hands three times, shake head vigorously and stamp three times. Repeat, making 8 measures.

III.

Join both hands with partner and take 4 slides face to face and 4 back to back, releasing forward hand for back to back slides. Repeat through 8 measures.

La Pastourelle.

Sixth Grade.

The musical score for "La Pastourelle" is written for piano and bass. It consists of seven systems of music. The key signature is one sharp (F#) and the time signature is 2/4. The score includes various musical notations such as eighth notes, sixteenth notes, and chords. Dynamics include *p* (piano), *stacc* (staccato), and *dolce* (dolce). The score is divided into sections by double bar lines, with some sections marked with repeat signs. The final system ends with a double bar line and a repeat sign.

LA PASTOURELLE.

Sixth Grade.

Formation:

Two sets of three each, facing each other.

I.

Heel and toe polka with right foot, advancing towards the opposite line. Heel and toe polka left, receding from opposite line (meas. 1-4). The girl on left with polka steps goes through arch made by the other two raising their joined hands, the middle arm going under his own arched arm after the left girl has passed through (meas. 5-8). Repeat, this time the right hand girl, followed by the middle man going under arch formed at left. (Repeat measures 1-8.)

II.

Boulonne or Windmill.—The middle men join right hands, others join right hands diagonally across, the right girl of one line with the right girl of the other, both left hand girls joining hands. Polka step to left a full circle (measures 9-12), then joining left hands polka step to right and back to place (measures 13-16). (See plate 21.)



PLATE 21—"WINDMILL."

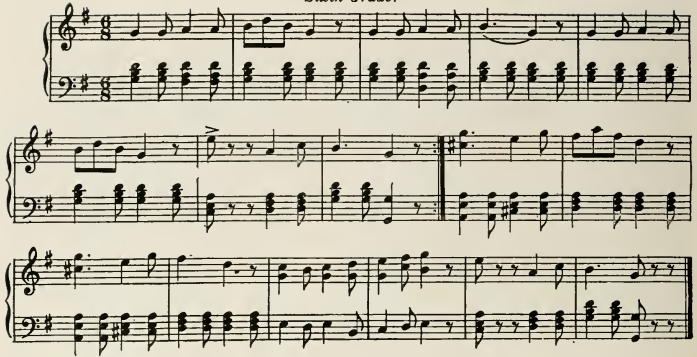
III.

Each line of three with hands joined take a glide-polka step to its own left, and back again to place (measures 17-20). Again each line take a glide-polka step to the left, and instead of coming back to place, returns behind the set it was facing (measures 21-24). This will bring each line face to face with a new line.

Repeat from the beginning ad libitum.

Pop Goes The Weasel

Sixth Grade.



POP GOES THE WEASEL.

Sixth Grade.

Formation:

Three couples in a set, contra formation.

I.

1st couple goes skipping down the outside of the lines, 8 counts, and back again, 8 counts. Joining hands they slide down the center, 8 counts and back again, 8 counts. 16 measures. (See plate 22.)



PLATE 22—FIRST COUPLE SKIPPING BEHIND THE LINES.

II. First couple form circle of three with lady of second couple—take eight slides left, then four right, lady



PLATE 23—POPPING THE WEASEL.

popping under joined hands of couple one, counts 5 to 8.

Repeat with gentleman of 2nd couple—8 measures.

Repeat with lady of third couple—8 measures.

Repeat with gentleman of 3rd couple—8 measures.

32 measures.

III.

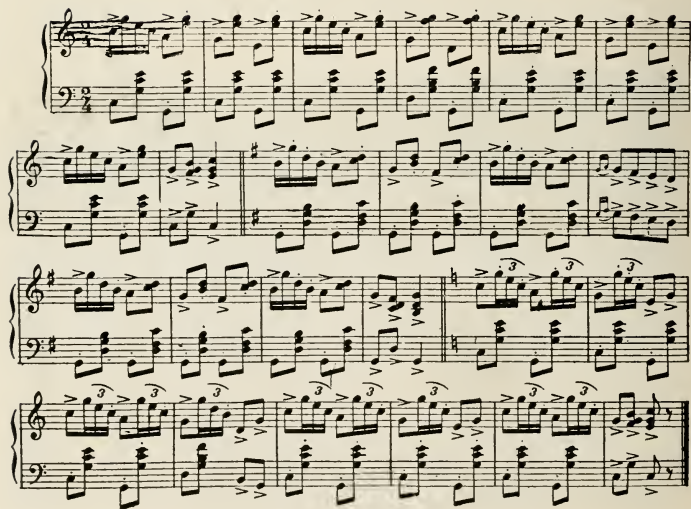
The first couple is now at the bottom of the set. Join hands all around, and skip one full circle to left—8 measures.

1st couple slides up the center four slides and back—4 measures. Partners join right hands and skip once around to place—4 measures. 16 measures in all.

The second couple, now at the head, repeat the figures, then the third couple, and so on, ad libitum.

How Do You Do?

Sixth Grade



HOW DO YOU DO?

Sixth Grade.

Formation:

Around the room in couples, two couples facing each other.

I.

Each couple take three slides to the left, bringing heels together on fourth count, then three slides back to place in same way (8 counts). Eight hands around in circle, skipping one full circle to left (8 counts). (See plate 24.)



PLATE 24—"EIGHT HANDS 'ROUND."

First 8 measures.

II.

Walk forward three steps, heels together on four.

Repeat back to place.

Repeat again forward.

Shake right hand of opposite on the word "How."

Shake left hand of opposite on the word "Do."

Shake both hands of opposite on the words "You Do."

III.

Still clasping hands of opposite, slide to center of room, eight counts, and back again eight counts.

8 measures.

IV.

Step and hop in place four times, eight counts. Walk forward four steps, and pass opposite couple,—the girl in each case going between partners of opposite couple, and courtesy to new opposites.—8 measures.

Repeat ad libitum.

NOTE: The 24 measures of music may be played through once, with the first eight measures repeated, for a single performance of the dance.

DANCING ON THE GREEN.

Seventh Grade.

Any Schottische Music.

Formation:

Groups of four all facing in line of direction. Couples join inside hands. Outside hands joined with other couple of set. Couple I corresponds to forward couple. Couple II to rear couple.

Step: The step is the barn dance or schottische step.

I.

Schottische forward (outside foot and inside foot) (2 measures).

Couple I let go inside hands and circle to rear with four step hops (2 measures) (keep outside hands joined with Couple II).

Repeat all, Couple II circling.



PLATE 25—"How Do You Do."



PLATE 26—DANCING ON THE GREEN. STEP I.



PLATE 27—"DANCING ON THE GREEN." PIVOT-STEP.

II.

Schottische forward, outside foot and inside foot.

Couple I with four step hops back under arch of Couple II who pass forward and turn under arch to straighten out group.

Repeat with Couple I forming arch, and Couple II passing under.

III.

Schottische forward, outside foot and inside foot.

Couple II, with four step hops, pass under arch formed by Couple I. Repeat Couple I passing under arch.

IV.

Schottische forward, outside foot and inside foot.

Partners of Couple I release hands and step up to outside of Couple II, become their pivots and swing them with four step hops around and back to place. Repeat.

College Hornpipe.

Seventh Grade



COLLEGE HORNIPIE.

Seventh Grade.

Formation:

Couples around in a circle.

I.

Couples joining inside hands, and waving handkerchiefs jauntily with free hands, take eight schottische steps forward, starting right foot. (8 measures.)

II.

Couples facing each other, each person leaps forward on the right foot, trunk bent well forward and down, hands as though pulling up the anchor chain, jump back on to the left foot, raising trunk and bending arms to thrust. Cross right foot behind left, making a cross polka to left. (2 measures.) Repeat opposite side. (2 measures.) Repeat all.

III.

Arms folded high on the chest, jeté or jump on to the right foot, jump on the left, swaying the body well, and cross polka in rear to left. (2 measures.) Repeat opposite side. (2 measures.) Repeat all. (8 measures.)

IV.

Partners join right hands, waving handkerchiefs in left, take four schottische steps around each other, starting right foot. With left hands joined, handkerchiefs in right, four schottische steps in the opposite direction. (8 measures.) (See Plate 28.)

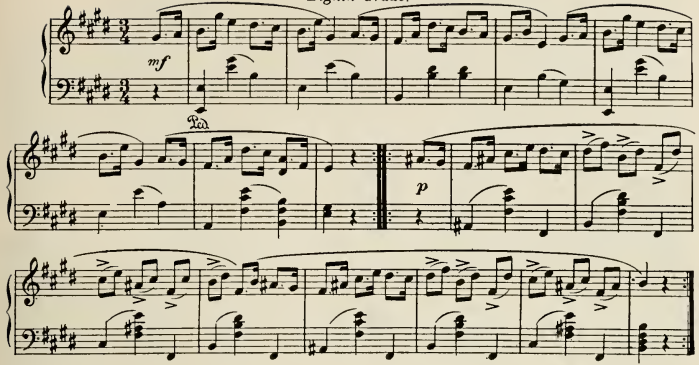


PLATE 28—THE SCHOTTISCHE STEP.

NOTE: A simpler form of the schottische step is three running steps and a hop. As the class becomes more proficient, change the first step into a slide, and later get the full schottische step.

Cinderella

Eighth Grade.



CINDERELLA.

Eighth Grade.

Formation:

Around the room in couples, two couples facing each other.

I.

Holding partner's hand, balance or step toward partner, then away from partner, 6 counts. Ladies (on right) change places with each other diagonally with balance step, while gentlemen (on left) continue balance step in place. Repeat the above, which will bring the ladies back to their own position—8 measures. (See plate 29.)



PLATE 29—LADIES CHANGE WITH BALANCE-STEP.

II.

Partners join both hands and take three mazurka steps toward opposite couple, crossing them on the right, and make three stamps. Take three mazurka steps back to place, crossing on same side as before, and finish with one stamp—8 measures.

III.

With hands still joined with partner, take three balance steps, beginning in the direction of the opposite couple, and partners then turn under their own arms. Take nine walking steps forward, the girl on the right passing between the opposite couple, and finish with a stamp—8 measures.

The whole dance is repeated with the new couple faced, and may be continued ad libitum.

Virginia Reel

(Sir Roger De Coverley)

Eighth Grade

The musical score is arranged in six systems, each consisting of a treble and bass staff joined by a brace. The key signature is one sharp (F#), and the time signature is 6/8. The notation includes various musical symbols such as notes, rests, and bar lines. The first system begins with a treble staff containing a whole note and a bass staff with a whole rest. The second system includes first and second endings marked with '1' and '2'. The third system continues the melody and accompaniment. The fourth system also features first and second endings. The fifth system changes the time signature to 3/4 and includes a repeat sign. The sixth system concludes the piece with a final cadence in 3/4 time.

VIRGINIA REEL.

Eighth Grade.

Formation:

Sets of not more than four couples each, partners facing each other, contra formation (boys in one line, their partners in line opposite).

First Lady and Last Gentleman forward, bow, and back to place	4 measures
First Gentleman and Last Lady repeat	4 measures
First Lady turn with right hand	4 measures
First Gentleman same	4 measures
First Lady turn with left hand	4 measures
First Gentleman same	4 measures
First Lady turn with both hands	4 measures
First Gentleman same	4 measures
First Lady back to back	4 measures
First Gentleman same	4 measures

First Lady and Gentleman turn each other with right hand and "reel" down the set, the lady turning the gentleman, the gentleman turning the ladies. First couple slide up the center and march around outside their respective lines, ladies to right, gentlemen to left. (See plate 30.)

Variation of Virginia Reel.

All forward, bow and back to place	4 measures
All turn opposite with right hand	4 measures
All turn opposite with left hand	4 measures
All turn opposite with both hands	4 measures
All back to back passing right	4 measures
All four slides down center and back, then finish as above.	



PLATE 30—"REELING DOWN THE SET,"

First couple on meeting form arch with both hands, under which the lines pass, clapping hands in rhythm of music. The first couple now becomes the last, and the figures are repeated from the beginning.

If several sets are working together they should begin, continue and finish all figures at the same time. To this end the central set may act as leaders to be carefully followed by the other sets, or the teacher may call the various figures in order.

The first section of music should be used for the first figures, the second section to be used beginning with the turning and reeling of the first couple down the set.

For corrections made in the above exercises and games I thank heartily Miss Adele L. Price.

PLAYS AND GAMES.

We usually consider two kinds of activity—mental and physical. Change of activity is recreation, and to our children recreation should often come in the form of games—circle games, song games, running games—, involving much bodily movement and causing mirth and happiness and joyous laughter.

It is as unnatural for the child not to play as it is for the duck not to swim; yet it is true that comparatively few of our children really play, or know how to play; and as the playgrounds are not at present within easy reach of all, the school must take its place, and the instructor teach the children how to play.

Plays and games are in themselves an education, since they tend to prepare our children for future citizenship, in that they here learn to adapt themselves to their playmates. Also, the character of the child is often portrayed in the kind of games he plays, and in his manner of playing these games, and many undesirable characteristics in child nature may be detected and cured by means of games.

Following will be found the description of the various games (without music) enumerated in the Course of Study.

Most of the games indicated in the course of study may be found in Song-Roundel and Games. The following games are under different titles:

<i>In the course of study:</i>	<i>In the manual, Song-Roundels and Games:</i>
Poison, or Pin-guard.	Wrestling in a Circle.
Lil, Lil, Come Over the Hill.	Bogey-man.
Fox and Chickens.	Hawk and Hen.

The following games, not indicated in Song-Roundels and Games, have been arranged by Misses Ellingwood and Northeott, former directors of Physical Education in Chicago Teachers' College:

Drop the Handkerchief.
Stone.
Tap the Stick.
Curtain Ball.
Action Stories.

ACTION STORY.

GRADES 1—3.

HUNTING STORY.

Walk carrying right arm across chest, elbow high and bent. left arm straight and held in forced position backward. Walk once or twice around the room. On signal kneel on one knee and shoot (archery movement) twice forward, once upward in the air. Upon standing quickly form twos. One limps as he walks, he is injured, the other walks as usual, supporting him.

They walk on some distance, slowly, until they come to a brook. Then they kneel, one helping the other, they drink, and lie down resting.

Upon signal they get up, the injured one can go now without support, so they continue in single file, walk to count, then run to count faster and faster as they get nearer home.

ACTION STORY.

GRADES 1—3.

INDIAN ACTIVITIES.

Walk as big warriors going out on a hunt, arms folded on chest, and walk as erect as possible. After leaving familiar grounds walk with knees bent and as quietly as possible—not a sound. They come to a place where the canoes are, push them off, get into them and taking a kneeling position, paddle for the hunting grounds.

After they have landed the hunt begins, much excitement and running around freely, though quietly of course, in order not to frighten away the game. After doing the archery movement, carefully aiming, pick up the game that has been killed and carry it away in packs on the back, and carry it back to the canoe; paddle back to shore; hide the canoes; take up the load again and walk to camp.

Two children stand facing each other, all four hands together, and reaching up as high as possible, forming a wigwam, the others bring their loads to the wigwams and put them inside.

AN ACTION STORY—SIMPLER FORM.

GRADES 1-3.

Educational value—stimulation of imagination, love of poetry, happiness.

Once upon a time in a place very, very far from here there lived a beautiful princess with long golden curls and laughing blue eyes. This princess was not only beautiful to look upon, but she was kind, loving and true. There was one thing the princess always wore,

night and day, and that was a plain gold ring. When she was a very, very little girl it had been foretold that at the age of eighteen she would become so changed that whoever looked upon her would be turned to stone. A good fairy took pity upon her, however, and gave her a ring which would protect her while she wore it, and which if lost and restored to her, would break the awful spell.

The little princess did not know of this doom and so she played very much as the happy children here do. She played ball, jumped rope and ran races. (Have the children do the first two in rhythm and run on place.)

Now the time approached for the fulfillment of the prophecy, and it chanced that on her eighteenth birthday the princess was walking in the garden. (Have the class walk around two by two.) Seeing a lovely flower growing in a pond of water, she reached to pick it, and her ring fell from her finger into the water. (Allow the class to go through the motions of picking flowers.) No sooner had the ring left her finger than the prophecy was fulfilled and henceforth whoever looked upon her, until the ring was recovered, would be turned to stone.

She was shut in a tower that could only be reached high up in the wall, and there the princess must remain until the ring was recovered. (The children here go through the motions of climbing a ladder.) The king caused a great bell to be rung (motion of pulling a rope) and a crier went through the country offering half the kingdom to whoever would get the ring. A young prince passing through the land, decided to get the ring, and so mounting his horse he galloped with six servants to the palace gardens. (Class gallops in rhythm.) There they entered a row boat and started to row around to find where the ring had landed, for the current had carried it farther out. (Motions of rowing.) At last they reached the spot and the prince swam down, down, down until he got the ring. Then he swam up, up, up, swam to the boat, climbed in and was taken back to shore. (Have class go through the motion of swimming and use deep bend, one hand partially extended forward to illustrate the down and up.)

Overjoyed at his success, the prince hastened to the tower, climbed the ladder (motion of climbing) and liberated the princess. That night a great ball was given at the palace, for the spell was broken, and they all lived happily together from that time on. (Have the children play one of the simple folk games with music.)

ALICE MANCHEE (a Normal College student).

ACTION STORY.

GRADES 1—3.

A sketch of a story representing a day's outing. Details to be filled out according to the desires of the teacher.

1. Picking up lunch basket.
2. Marching to car.
3. Stepping on car.
4. Stepping off car.
5. Marching from car to river.
6. Let down lunch basket.
7. Pushing off boat.
8. Put lunch basket in boat.
9. Climb in boat.
10. Rowing boat.
11. Stepping out of boat.
12. Taking out lunch basket.
13. Pull boat in.
14. Pick up basket.
15. March to grounds.
16. a. Serving; b. see-saw; c. branches to swing on.

A. The class is divided into 3 files, facing front. The center file takes a short step backward. The other two take hold of hands allowing the arms to swing freely. The one in the center pushes the arms back and forth to count; on the ninth count the arms are pushed up high, the one in the center runs under them and forward to the next swing, the leader going back to the last swing in the line. The teacher changes the players so the same ones are not always swinging.

C. Class in same formation as for swinging. The center file, "Arms sideward, raise!" "Palms upward, turn!" The outside files "Toward the center, face!" The outside files take hold of the hands of those standing in the center. The alternate files alternate in deep knee bend exercise. The inside files allow the hands to follow those exercising in representation of a see-saw.

D. Branches to swing on the same, practically as the see-saw, without the alternate movement of the files, and the class may be arranged in any formation of two's.

17. Take up basket.
18. March to boat.
19. Set basket in boat.

20. Push boat off.
21. Get in boat.
22. Row.
23. Step out of boat.
24. Take out basket.
25. Pull in boat.
26. March to cars and home.

DROP THE HANDKERCHIEF.

GRADES 1—4.

Educational value—Bodily activity.

One player, A, is chosen to be "it." The other players stand in a ring. A runs outside the ring, drops the handkerchief behind some player, B, and runs on. When B discovers the handkerchief he picks it up, runs after A, and tries to tag him. If A reaches B's place in the circle without being tagged, B becomes "it." But, if B tags A, B returns to his place and A is "it" again. If B does not discover the handkerchief until A has passed completely round the ring, picked up the handkerchief, and tagged B, B is out of the game, and must stand in the center of the ring. A in this case remains "it." If the number of players is small, B may pay a forfeit instead of going out of the game.

Variation of Drop the Handkerchief.

Each one must drop the handkerchief before he can catch the one in front of him. So there is a possibility of two or three players running at the same time.

STONE.

GRADES 1—3.

Educational value—control of bodily activity.

Two goals are marked off, one at each end of the room, and a large circle is drawn half way between them. One of the players represents the stone, and sits on the floor in the center of the circle. The other players dance around on the chalk ring until the stone jumps up. The players then run toward either goal, while the stone tries to tag as many as possible before they reach the goals. All who have been tagged become stones, and go back and sit with the first stone near the center of the circle. The players again dance round until the first stone gives a signal, then all the stones jump up. The other players run for the goals, and the stones chase them and tag as many as they can. The game continues with an increasing number

of stones each time the ring is formed, until at length no one is left in the ring.

If it is wished to make the game more difficult, the stones, instead of sitting down, may lie at full length.

TAP THE STICK.

GRADES 2—5.

Educational value—Increase of mental alertness.

All players are lined up one goal. The one chosen "it" stands in front of the line with his back to it, holding a stick, with which he taps on the floor. He must not look at the players while he is tapping the stick. They must then take that opportunity of running forward. The one who is "it" stops tapping the stick at irregular intervals and tries to turn quick enough to see some one moving. If he succeeds in seeing a move on the part of any one, he sends them back to the starting point. The object of the game is to see who can first reach the home goal in front of which the one who is "it" stands. The one who wins the game takes the stick and becomes "it" for the next game.

Variations of Tap the Stick.

To make the game more difficult, the players may hold up either foot, not permitting it to touch the floor at all.

CURTAIN BALL.

GRADE 8.

Educational value, keenness of perception and activity.

The players are divided into two teams, A and B. Each team stands on half of the floor space and is divided from the other team by a large curtain, which prevents the players from seeing any one on the opposing side. The ball is thrown over the curtain from one side to another. The players are allowed to move in any way they please or to run with the ball.

The object of the game is to see how adroitly the ball can be thrown so that the opponents muff the ball.

Each time the ball touches the floor on B's side, A scores one point.

The game is divided into two halves of five minutes each. At the end of the first five minutes the teams reverse their positions on the floor and the game continues for the second half.

The team who scores the greater number of points wins the game.

Swimming Exercises

Swimming is a part of physical training and must be classified under popular gymnastics. As long as exercises were practiced only in the class rooms, no attention could be given to that department, but since the Board of Education has provided rooms for gymnastic purposes in the new school buildings and assembly halls, and well ventilated basement rooms are also used to carry out the work, a little more attention can be given to this important branch of physical training.

Swimming certainly can not be taught in the class room, but the arm exercises, and in the gymnasium the leg exercises, called swimming movements, may be practiced. Some of the exercises indicated in our former manuals are such movements, but a set of definite swimming exercises has hitherto not been prepared. The exercises are very simple and generally consist of a few arm and leg movements. In order to be beneficial, the exercises should be practiced so frequently that even the combined movements of arm and leg become automatic.

EXPLANATIONS.

Breast Stroke.

Starting Position.

The arms are raised forward obliquely upward, elbows and wrists straight, knuckles upward, fingertips touching.

ARM EXERCISES.

The arm exercises consist of three different movements. From starting position arms forward obliquely upward;

1. Moving of arms sideward, palms backward.
2. Moving of forearms toward chest, upper arms placed vertically at sides of body, wrists straight, fingertips touching and pointing obliquely upward.
3. Straightening of arms upward to starting position. In the horizontal position, when the body lies in water or hangs suspended

in a belt, or is lying on a so-called swimming buck, the arms are straightened forward in the direction of the face, the head bent slightly backward. Rhythmically the arm exercises are executed in three counts. From the position arms forward obliquely upward, at 1, move the arms sideward; at 2, draw forearms towards chest; at 3, straighten arms to starting position. The first two movements must be practiced slowly while the third movement is executed quickly and forcibly.

LEG EXERCISES.

The leg exercises consist of three different movements.

1. Raising of knees somewhat outward, toes pointing downwards, heels drawn backward.
2. Straightening of legs sideward, keeping feet flat.
3. Closing of legs.

Rhythmically the exercises are executed in two counts. As moving of arms sideward is not combined with a leg exercise, raising of knees must be practiced at count 2. At 3, straighten knees forcibly sideward and close legs. The two movements must be executed in one count. Raising and straightening of both knees can be done only in horizontal position, as explained above, or in hanging on gymnasium ladders, rings, horizontal-bar, etc. In standing we practice only with one leg at a time.

SIDE STROKES.

Starting Position (leading left).

Raise forearms in front of chest at left shoulder, elbows pointing downward, fingertips touching and pointing obliquely upward. In executing the sidestroke left, the hands must be near and about height of left shoulder and vice versa. The exercise consists of two movements.

1. Straightening of left arm sideward obliquely upward (palm down) and at the same time moving of right arm downward (palm down) to the position sideward obliquely downward.

2. On returning to starting position, the left arm is bent, while right arm executes a small circle (hand about height of shoulder).

In leading right, the hands must be in starting position near right shoulder.

BREATHING EXERCISES.

As breathing correctly forms a very important part of swimming, some of the arm movements may be combined with breathing exercises. Example:

Breast-Stroke: Inhale and bend head slightly backward while moving the arms sideward, continue inhaling while moving the forearms toward chest, exhale while straightening arms to starting position.

Side-Stroke: Inhale while moving the arms to starting position and exhale while moving arms to diagonal position.

ARM EXERCISES.

Breast Stroke.

Starting Position.

Arms forward obliquely upward.

1. a. Move arms sideward at 1.
- b. Move forearms toward chest at 2.
- c. Straighten arms forward obliquely upward at 3.

NOTE:—The exercise must be executed in three counts. At the first count twist hands, palms out, and move arms sideward to a level with shoulders. Practice movements “a” and “b” slowly, while “c” must be executed quickly and forcibly.

LEG EXERCISES.

Hands on Hips.

1. a. Raise left knee at 2.
- b. Straighten knee sideward and close legs at 3.
2. Like exercise one, but right.
3. Practice exercise one and two alternately in 1-4 counts.

NOTE:—See remarks on Leg Exercises.

ARM EXERCISES.

Side Strokes.

Starting Position.

Forearms in front of chest near left (right) shoulder.

1. a. Straighten left arms sideward obliquely upward and move right arm sideward obliquely downward at 1.
- b. Return to starting position at 2.

2. Like exercise 1, but vice versa.
3. Exercises 1 and 2 alternately.

NOTE:—See remarks on Side-Strokes.

Side Strokes Over Head.

Practice the above exercises, but in leading left, move the right arm downward and raise over head (out of water) to starting position (executing a large circle).

ARM AND LEG MOVEMENTS COMBINED.

A—Breast Stroke.

Starting Position.

Arms forward obliquely upward in position.

1. a. Move arms sideward at 1.
b. Move forearms toward chest and raise left knee at 2.
c. Straighten arms forward obliquely upward, straighten left knee sideward and close legs at 3.
2. Like exercise 1, but right knee.
3. Practice exercises 1 and 2 alternately.

NOTE:—The first movement of the arms is not combined with a leg movement, raising of knee begins at the second count.

B—Side Strokes.

Starting Position.

Forearms in front of chest near left shoulder, right knee raised.

1. a. Straighten left arm sideward obliquely upward, move right arm sideward obliquely downward, straighten right leg sideward and close legs at 1.
b. Return arms and knee to starting position at 2.
2. Like exercise 1, but vice versa.

NOTE:—See remarks on Side-Strokes and on Leg Exercises.
The first count of the above exercise is long, the second short.

ARM AND TRUNK EXERCISES.

A—Side Strokes.

Arms in Position.

1. a. Straighten left arm sideward obliquely upward, move right arm sideward obliquely downward and bend trunk sideward left at 1.
b. Return arms and trunk to starting position at 2.

2. Like exercise 1, but vice versa.
3. Practice exercises 1 and 2 alternately.

NOTE:—The first count of the above exercises is long, the second short.

The above exercises may also be combined with leg movements. While straightening left arm, moving right arm and bending of trunk, straighten right knee.

ARM AND TRUNK EXERCISES.

B—*Breast Stroke.*

1. a. Raise arms forward obliquely upward in position at 1.
- b. Bend trunk forward deeply at 2.
- c. Raise trunk to starting position at 3.
- d. Lower arms at 4.

NOTE:—The above exercise may be called “Diving Movement.”

EXPLANATIONS TO SETS OF EXERCISES AND SELECTIONS OF MUSIC.

Exercises may be arranged in sets, and practiced by command or signal. In practicing by command the instructor gives a short explanation of the new movement, while the pupils are exercising, then, without a pause, the new exercise is started at the command—"Begin!" In practicing by signal the pupils memorize all the exercises, the instructor giving the number of counts of each exercise (1-8 or 1-16 counts) and may assist with a slight motion of the hand. The command for arm and foot movements may frequently be changed to slower or faster time, instead of the ordinary, rhythmical method. Sets of exercises, marches and rhythmical steps may frequently be practiced to music. Below are indicated a few selections of music, especially adapted for such work.

MARCHES.

Iola	<i>Johnson</i>
Moonlight	<i>Moret</i>
Cherry	<i>Lampe</i>
Under the Double Eagle.....	<i>Wagner</i>
Soldiers' Chorus	<i>Gounod</i>
Stars and Stripes	<i>Sousa</i>
Merry War	<i>Strauss</i>
Triumph March	<i>Aida-Verdi</i>
Gavotte (Amaryllis)	<i>Louis XIII</i>
Silver Heels	<i>Moret</i>
German Parade	<i>March</i>
El Capitan March.....	<i>Sousa</i>
Officer of the Day	<i>Hall</i>
American Eagle	<i>Boehme</i>
High School Cadets.....	<i>Sousa</i>

WALTZES.

Amoureuse	<i>Rudolph Berger</i>
Dawn of Love.....	<i>Abbie A. Ford</i>
When Knighthood Was in Flower.....	<i>Louise Gustin</i>
Secret Service	<i>Anita Owen</i>
Wedding of the Winds.....	<i>John D. Hall</i>

Love's Dreamland	
Skaters' Waltz	<i>Waldteufel</i>
Adlyn	<i>Hall</i>
Gloriana	<i>Brewer</i>
Tales from Vienna Woods.....	<i>Strauss</i>
Artists' Life	<i>Strauss</i>
Fledermaus	<i>Strauss</i>
Gypsy Baron	<i>Strauss</i>
Northern Lights	<i>C. B. Bingham</i>
King Dodo Waltzes.....	<i>Gustave Luders</i>

MAZURKAS.

One Heart, One Soul.....	<i>Strauss</i>
La Czarina	<i>Ganne</i>
Silver Stars	<i>Bohm</i>
Silver Nymphs	<i>Heins</i>
Rose Fay	<i>Heins</i>

POLKAS.

The Anvil Polka.....	<i>Parlow</i>
La Sorella	<i>Borel Clergs</i>
Larkspur	<i>Faust</i>
Pappacoda	<i>Strauss</i>

To teachers who are especially interested in Physical Training and who wish to gain a more thorough knowledge of the subject, the following books are recommended:

Physical Education	<i>MacLaren</i>
German-American Gymnastics	<i>Stecher</i>
Strong Bodies for Our Boys and Girls.....	<i>Blakie</i>
Indian Club Exercises and Exhibition Drills.....	<i>H. B. Camann</i>
School Tactics	<i>Stecher</i>
Gymnastics and Tactics.....	<i>E. F. Arnold, M. D.</i>
Games for Schools and Gymnasiums.....	<i>W. C. Schaefer</i>
Gymnastic Games Classified	<i>E. F. Arnold, M. D.</i>
Code-Book of Gymnastic Exercises	<i>Ludwig Puritz</i>
Gymnastics	<i>A. F. Jenkins</i>
Progressive Gymnastic Days' Orders..	<i>Claes Enebuske, A. M., P. D.</i>
The Swedish System	<i>Baron Nils Posse</i>

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